

Planning corsi

	LUN		MART		MER		GIO		VEN		SAB	
	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic
7.00 - 7.45			BOOTCAMP			PILATES	INTERVAL			REFORMER PILATES		
8.30 - 9.15		PILATES								PILATES		
9.00 - 9.45											YOGA IN GRAVIDANZA	
10.00 - 10.45												REFORMER PILATES
10.30 - 11.15											FIT BOXE	
11.00 - 11.45												PILATES
12.45 - 13.30											HYROX	
13.00 - 13.45	FITBOXE	PILATES	SKILL CROSS	REFORMER PILATES	BOOTCAMP	PILATES	HYROX	REFORMER PILATES	BOOTY PUMP	PILATES		
17.00 - 17.45				YOGA		REFORMER PILATES						
17.45 - 19.00										REFORMER PILATES		
18.00 - 18.45		REFORMER PILATES	FITBOXE	PILATES		REFORMER PILATES	INTERVAL	PILATES	SKILL CROSS			
18.15 - 19.00	BOOTY PUMP				HYROX							
19.00 - 19.45	SKILL CROSS	REFORMER PILATES	BOOTCAMP	REFORMER PILATES		PILATES	HYROX	REFORMER PILATES	INTERVAL			
19.15 - 20.00					FIT BOXE							
20.00 - 20.45		PILATES		REFORMER PILATES				YOGA				