

Planning corsi

	LUN		MART		MER		GIO		VEN		SAB	
	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic	Active	Holistic
7.00 - 7.45						PILATES				REFORMER PILATES		
8.30 - 9.15						REFORMER PILATES						
9.00 - 9.45		PILATES								PILATES		REFORMER PILATES
10.00 - 10.45												REFORMER PILATES
10.15 - 11.00				REFORMER PILATES						REFORMER PILATES	FIT BOXE	
11.00 - 11.45												REFORMER PILATES
11.15 - 12.00												PILATES
12.30 - 13.15				REFORMER PILATES				REFORMER PILATES				
12.45 - 13.30											HYROX	
13.00 - 13.45	FITBOXE	PILATES	TABATA		BOOTCAMP	PILATES	HYROX		BOOTY PUMP	PILATES		
13.15 - 14.00				REFORMER PILATES				REFORMER PILATES				
17.00 - 17.45		REFORMER PILATES		YOGA		REFORMER PILATES		PILATES				
17.45 - 18.30										REFORMER PILATES		
18.00 - 18.45		REFORMER PILATES	FITBOXE	PILATES		REFORMER PILATES	HYROX	REFORMER PILATES	SKILL CROSS			
18.15 - 19.00	BOOTY PUMP				HYROX							
19.00 - 19.45	SKILL CROSS	REFORMER PILATES		REFORMER PILATES		PILATES	HYROX	REFORMER PILATES	INTERVAL			
19.15 - 20.00			BOOTCAMP		FIT BOXE							
20.00 - 20.45		PILATES		REFORMER PILATES				YOGA				