

Planning ridotto

VENERDÌ 1 NOVEMBRE

GetFIT via Ravizza

ORA	ATTIVITÀ	SALA	TRAINER
09.30-10.00	Body Tone	Energy	Valeria
10.00-10.45	Acquagym*	Piscina	Eddie
10.00-10.30	G.A.G	Energy	Valeria
10.30-11.45	Hatha Yoga*	Conscious	Sonia.
10.40-11.15	Body Balance	Energy	Valeria
11.30-12.30	Body Pump	Energy	Valeria
12.00-13.15	Hatha Yoga*	Conscious	Sonia
12.45-13.30	Body Attack	Energy	Valeria
13.10-13.55	Hydrobike	Piscina	Homar
14.00-14.45	Matwork Pilates	Energy	Homar
14.30-15.30	Indoor Cycle*	Vitality	Dario
15.00-15.30	Grit	Energy	Homar
15.30-16.00	CX Worx	Energy	Homar
16.15-17.00	Acquagym*	Piscina	Homar