



CORSI FITNESS

LUNEDI':	13-13,45 18,30-19,15 19,30-20,15 20,15-21,00	ZUMBA + ADDOMINALI PILATES CROSS CARDIO ZUMBA
MARTEDI':	9,30-10,15 10,15-11 13-13,45 18,30-19,15 19,15-20,00	TONIFICAZIONE ZUMBA GAG GAG REVIVAL FITMOVING
MERCOLEDI':	18,30-19,15 19,15-20,00	LOCURA POWER FIT DYNAMIC TRAINING
GIOVEDI':	18,45-19,30 19,30-20,15 20,15-21,00	AEROBOXE ZUMBA CROSS CARDIO
VENERDI':	13-13,45 18-18,45 18,45-19,30	ZUMBA + FITBALL STRETCHING PILATES
SABATO:	10-10,45 10,45-11,30	SPECIAL CLASS* SPECIAL CLASS*

* EXTRA ABBONAMENTO

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