

MAXIFIT

GHEDI

Planning corsi

2023

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09:00	PILATES	YOGA	PILATES	YOGA			
10:00							G.A.G./ BODY TONIC
12:30	G.A.G.		MAXI TONIC				
18:00	G.A.G.	G.A.G.	MAXI STEP	MAXI TONIC	TOTAL BODY		
19:00	BODY TONIC	MAXI TONIC	JUMPING	G.A.G.			
20:00	YOGA	PILATES	ZUMBA	PILATES			