

MAXIFIT

GHEDI

Planning corsi

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09:00	PILATES STRETCHING		PILATES STRETCHING				
10:00							G.A.G. BODY TONIC
12:45	G.A.G.		BODY TONIC				
18:00	CIRCUIT TRAINING	G.A.G.	BODY PUMP	G.A.G.	PILATES STRETCHING		
19:00	BODY PUMP	BODY TONIC	CIRCUIT TRAINING	BODY TONIC	BODY DANCE		
20:00	BODY DANCE	PILATES	ZUMBA DANCE	PILATES			
21:00			BALLI CARAIBICI				