

# MAXIFIT

## GHEDI

### *Planning corsi*

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09:00	PILATES STRETCHING		PILATES STRETCHING		YOGA		
10:00							G.A.G. BODY TONIC
12:30	G.A.G.		BODY TONIC				
17:00	FUNCTIONAL FIT	MAXI STEP	G.A.G.	JUMPING			
18:00	JUMPING	G.A.G.	CIRCUIT TRAINING	MAXI TONIC	PILATES STRETCHING		
19:00	BODY PUMP	MAXI TONIC	JUMPING	G.A.G.	BODY TONIC		
20:00	BODY DANCE	PILATES	ZUMBA DANCE	PILATES			