

MAXIFIT

GHEDI

Planning corsi

2022/2023

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
09:00	PILATES		PILATES				
10:00							G.A.G./ BODY TONIC
12:30	G.A.G.		BODY TONIC				
18:00	STEP COREOGRAFICO	G.A.G.	MAXI STEP	MAXI TONIC	FUNCTIONAL BODY WEIGHT		
19:00	FUNCTIONAL BODY WEIGHT	MAXI TONIC	JUMPING	G.A.G.	REGGAETON FITNESS		
20:00	REGGAETON FITNESS	PILATES	ZUMBA DANCE	PILATES			

