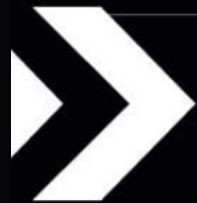


Planning corsi

2022/2023

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
09:30	PILATES	MAXI G.A.G.	MAXI FULL BODY	MAXI FAT KILLER	MAXI PUMP
12:45	MAXI FULL BODY	MAXI INDOOR CYCLING	MAXI G.A.G.	MAXI PUMP	MAXI FUNCTIONAL TRAINING
18:30		MAXI CIRCUIT	MAXI G.A.G.	PILATES	MAXI FULL BODY
18:45	MAXI G.A.G.	MAXI INDOOR CYCLING		MAXI INDOOR CYCLING	
19:00	MAXI FUNCTIONAL TRAINING		MAXI FUNCTIONAL TRAINING		MAXI FUNCTIONAL TRAINING
	MAXI INDOOR CYCLING		MAXI INDOOR CYCLING		MAXI INDOOR CYCLING
19:30	PILATES	MAXI PUMP	MAXI ABDOMINAL	ZUMBA	MAXI PUMP
20:15	MAXI FIT BOXE				



61 I corsi "in NERO" si terranno nello STUDIO 1
62 I corsi "in ROSSO" si terranno nello STUDIO 2

AF I corsi "in GRIGIO" si terranno nell'Area Functional