



NEW PLANNING

Armonia Club PALESTRA

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
00 - 11.30	STRETCHING PILATES S1		CORPO LIBERO S1		STRETCHING PILATES S1	
00 - 12.00						TOTAL BODY
00 - 13.50	PILATES S1	TRX S2	TONE UP S1	GAG S1 TRX S2		
00 - 14.00	SPINNING S3		SPINNING S3		TRAINING REVOLUTION S1	
00 - 18.00			ZUMBA S1			
00 - 18.00	ADDOME SPRINT S1					
00 - 19.00	TOBAL BODY S1	STEP&TONE S1	TONIFICAZIONE S1	CIRCUIT TRAINING S1	18.15 - 19.15 TONE UP S1	
00 - 20.00			POWER LIFTING SP		POWER LIFTING SP	
00 - 20.00	POWER YOGA S1	PILATES S1	STRETCH FUSION S1	PILATES S1	19.15 - 20.15 TOTAL BODY S1	
	SPINNING S3		TRX S2 SPINNING S3		SPINNING S3	
00 - 20.30	TRX S2	PUGILATO S2		PUGILATO S2		
00 - 21.00	THAI BOXE S1	WALKING S1 SPINNING S3		WALKING S1 SPINNING S3		
05 - 21.15			THAI BOXE S1			