

Programma #M:Ö:VEMENT®

ATTIVITA' ACQUA

MARTEDI' 08/03:	13:00/13:45 19:15/20:00 20:00/20:45	ACQUATONE ACQUATONE ACQUAGAG
MERCOLEDI' 09/03:	19:15/20:00	ACQUAMIX
GIOVEDI' 10/03	13:00/13:45	ACQUATONE
VENERDI' 11/03	13:00/13:45 19:00/19:45 20:00/20:45	ACQUATONE ACQUATABATA ACQUAGAG
SABATO 12/03	11:30/12:30	ACQUATONE PLUS (60')

ATTIVITA' TERRA

LUNEDI' 07/03	13:00/13:45 18:15/19:15 18:15/19:00 19:15/20:00	CIRCUIT TONE YOGA FUNCTIONAL TRAINING GAG
MERCOLEDI' 09/03:	09:00/09:45 12:45/13:30 18:15/19:00	GINNASTICA POSTURALE PILATES CIRCUIT TRAINING
GIOVEDI' 10/03:	18:15/19:15 18:15/19:00 19:15/20:00	YOGA FUNCTIONAL TRAINING GAG
VENERDI' 11/03	09:00/09:45 13:00/13:45 18:15/19:00	GINNASTICA POSTURALE FAT BURNING ZUMBA

#InSport #Movement #40anniinsport #conlentusiasmodellinizio

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