



ORARI CORSI 2025

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09:00						POWER HOUR 09:00/10:00
10:00				PILATES 09:30/10:30		
//						
18:00		TOTAL BODY 18:00/18:45				
19:00						
20:00			YOGA 19:30/20:45			
21:00						