

## PLANNING VALIDO FINO AL 31.08.2021

| LUNEDI'                            |                                           | MARTEDI'                          |                               | MERCOLEDI'                           |        | GIOVEDI'                           |                               | VENERDI'                           |                            | SABATO                            |        |
|------------------------------------|-------------------------------------------|-----------------------------------|-------------------------------|--------------------------------------|--------|------------------------------------|-------------------------------|------------------------------------|----------------------------|-----------------------------------|--------|
| SALA 1                             | SALA 2                                    | SALA 1                            | SALA 2                        | SALA 1                               | SALA 2 | SALA 1                             | SALA 2                        | SALA 1                             | SALA 2                     | SALA 1                            | SALA 2 |
| 10:00/11:00<br>GINNASTICA<br>DOLCE |                                           | 10:15/11:15<br>BACK<br>SCHOOL     |                               |                                      |        | 10:30/11:30<br>GINNASTICA<br>DOLCE |                               |                                    |                            |                                   |        |
| 11:30/12:30<br>BACK<br>SCHOOL      |                                           |                                   |                               |                                      |        |                                    |                               |                                    |                            | 12.30/13.30<br>POLE<br>INTERMEDIO |        |
|                                    |                                           |                                   |                               |                                      |        | 14:30/15:30<br>GINNASTICA<br>DOLCE |                               |                                    |                            |                                   |        |
| 16:30/17:30<br>POLE<br>KIDS        |                                           |                                   |                               |                                      |        | 16:30/17:30<br>POLE<br>KIDS        |                               |                                    |                            |                                   |        |
| 18:30/19:15<br>GAG                 | 19:00/20:00<br>ODAKA<br>YOGA<br>(ON-LINE) |                                   |                               | 18:30/19:30<br>POLE<br>EXOTIC        |        | 17:30/18:30<br>POLE<br>YOUNG       | 18:00/19:00<br>PILATES        |                                    |                            |                                   |        |
| 19:30/20:30<br>POLE<br>BASE        | 19:15/20:00<br>CIRCUIT<br>TRAINING        | 19:30/20:30<br>POLE<br>INTERMEDIO | 20:00/21:00<br>BACK<br>SCHOOL | 19:30/20:30<br>CERCHIO<br>INTERMEDIO |        | 19:00/20:00<br>ODAKA<br>YOGA       | 19:30/20:30<br>BACK<br>SCHOOL |                                    | 19:30/20:30<br>EXOTIC/POLE |                                   |        |
|                                    |                                           | 20:30/21:30<br>POLE<br>BASE       |                               | 20:30/21:30<br>CERCHIO<br>BASE       |        | 20:00/21:00<br>POLE<br>BASE        |                               | 19:15/20:00<br>CIRCUIT<br>TRAINING |                            |                                   |        |

N.B.:

TUTTI I CORSI SONO SU PRENOTAZIONE!