

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
9.00/9.50 ----- 10.00/10.50 GINNASTICA DOLCE		11.00/12.00 POSTURALE BACK SCHOOL				9.00/9.50 ----- 10.00/10.50 GINNASTICA DOLCE	11.00/12.00 HATA YOGA			CERCHIO AEREO	
11.30/12.30 POSTURALE BACK SCHOOL		CHIUSURA DALLE 12.30 ALLE 15.00						----- -----	----- -----	12.00/13.00 POLE Livelli misti	
15.00/15.50 GINNASTICA DOLCE						15.00/15.50 GINNASTICA DOLCE					
16.00 CERCHIO young											
17.30/18.20 PILATES BASE											
18.25/19.15 PILATES TONIC		18.20/19.10 PILATES		18.00/19.00 POSTURALE BACK SCHOOL		17.30 POLE YOUNG		18.15/19.15 POLE BASE			
19.30/20.15 CIRCUIT TRAINING		19.15/20.00 CIRCUIT TRAINING	18.30/19.30 BACK SCHOOL	H.19.00 HATA YOGA		18.30/19.20 PILATES		19.15/20.00 CIRCUIT TRAINING			
20.30/21.30 POLE BASE		19.45/20.45 POLE INTERMEDIO		20.00/21.00 CERCHIO AEREO		19.25/20.25 YOGA ODAKA					
		20.45/21.45 POLE BASE				POLE 20.30 Livelli misti					

VIA PADRE DINO BERETTA 1 , VILLASANTA - TEL 3470790252- WWW.MOVIMENTE.EU

