



# PLANNING ONLINE 2021

LUNEDI

MERCOLEDÌ

VENERDÌ

10,00	M A T T I N A	Chiara 10:00 - 11:00 <b>PILATES</b>		Chiara 10:30 - 11:15 <b>GYM DANCE</b>	Chiara 10:00 - 11:00 <b>PILATES</b>
10,15					
10,30					
10,45					
11,00					
12,30	P A U S A		Chiara 12:45 - 13:30 <b>POWER PILATES</b>	Eva 12:30-13:15 <b>PILATES AVANZATO</b>	
12,45					
13,00					
13,15		Patty 13:15-14:00 <b>UPPER BODY &amp; ABS</b>	Patty 13:30 - 14:15 <b>GAG</b>	Patty 13:15-14:00 <b>FULL BODY BAND</b>	
13,30					
13,45					
14,00					
18,00	S E R A	Chiara 18:00-18:45 <b>HAPPY WALK</b>		Patty 18:00-18:45 <b>TOTAL BODY HIIT</b>	
18,15					
18,30			Nataliya 18:30-19:30 <b>FITNESS POSTURALE</b>	Eva 18:45-19:30 <b>LADY BODY SCULPTURE</b>	
18,45		Patty 18:45 - 19:30 <b>BODY TONE</b>			
19,00			Anna 19:30-20:15 <b>PILATES DINAMICO</b>	Laurence 19:30-20:30 <b>VINYASA YOGA</b>	
19,15					
19,30					
19,45					
20,00					
20,15					