



PLANNING LUGLIO 2020 (da mercoledì 1 a venerdì 31)

| | | LUNEDI sala 1 | MARTEDI sala 1 | MERCOLEDI sala 1 | GIOVEDI sala 1 |
|-------|---------------------------------|--|--|---|--|
| 9,30 | M A T T I N A | | | | |
| 9,45 | | | | | |
| 10,00 | | Chiara PILATES 10:00 - 11:00 | | | Chiara POWER PILATES 10:00 - 10:45 |
| 10,15 | | | | | |
| 10,30 | | | | | |
| 10,45 | | | | | |
| 11,00 | | | | | |
| | | | | | |
| 12,30 | P A U S A | | | | |
| 12,45 | | | | | |
| 13,00 | | Patty FULL BODY BAND 13:15-14:00 | Anna MAT PILATES 13:15-14:00 | Patty UPPER BODY & ABS WORKOUT 13:15-14:00 | Anna BEACH BODY PILATES 13:15-14:00 |
| 13,15 | | | | | |
| 13,30 | | | | | |
| 13,45 | | | | | |
| 14,00 | | | | | |
| | | | | | |
| 18,00 | S E R A | | | | |
| 18,15 | | Patty INTERVAL TRAINING 18:30-19:15 | | Patty TOTAL BODY HIIT 18:30-19:15 | Anna POWER STRETCH 18:30-19:15 |
| 18,30 | | | | | |
| 18,45 | | Chiara happy walk 19:15-20:00 | Chiara PILATES HIIT 19:00-19:45 | Chiara CHAIR PILATES 19:15-20:00 | Patty G.A.G. 19:15-20:00 |
| 19,00 | | | | | |
| 19,15 | | | | | |
| 19,30 | | | | | |
| 19,45 | | | | | |
| 20,00 | | | | | |