

PLANNING PALESTRA

2021/22

SALA REHAB	LUNEDI		MERCOLEDI		GIOVEDI		VENERDI		
	9.00 10.00	PERSONAL TRAINING	9.00 10.00	PERSONAL TRAINING	9.00 10.00	PERSONAL TRAINING			
	10.15 11.15	PERSONAL TRAINING	10.15 11.15	PERSONAL TRAINING	10.15 11.15	PERSONAL TRAINING			
	17.30 18.30	REHAB TRAINING							
	19.00 20.00	ENERGY TRAINING	19.00 20.00	ENERGY TRAINING			18.15 19.15	PERSONAL TRAINING	
	20.00 21.00	CIRCUIT TRAINING	20.00 21.00	CIRCUIT TRAINING					

SALA CORSI	LUNEDI		MERCOLEDI		VENERDI		SABATO		
							15.00 16.00	KUNG FU	
					17.30 18.15	CIRCUIT ADOLESCENTI			
	18.00 19.00	GINNASTICA ANTALGICA	18.00 19.00	GINNASTICA ANTALGICA					
	19.00 20.00	GINNASTICA POSTURALE METODO PILATES	19.00 20.00	GINNASTICA POSTURALE METODO PILATES					

dal 06/09/2021
al 31/05/2022