

## SPORT - BENESSERE - FORMAZIONE

<b>CORSI 2021-2022</b>		
<b>LUNEDÌ</b>	10:00 – 11:15	YOGA (solo online)
	18:00 – 18:50	YOGA DINAMICO (anche online)
	19:00 – 19:50	PILATES (anche online)
	20:15 – 21:05	PILATES (anche online)
<b>MARTEDÌ</b>	13:00 – 13:50	PILATES (anche online)
	19:00 – 19:50	WELLNESS FIT (anche online)
<b>MERCOLEDÌ</b>	18.15 – 19:05	PILATES (anche online)
	19:15 – 20:05	PILATES (anche online)
	20:15 – 21:15	PILATES (anche online)
<b>GIOVEDÌ</b>	09:45 – 10:35	PILATES (anche online)
	10:50 – 11:40	GINNASTICA DOLCE
	18:15 – 19:15	YOGA (anche online)
	19:30 – 20:30	YOGA (anche online)
<b>VENERDÌ</b>	18:30 – 19:20	YOGA DINAMICO (anche online)
	19:30 – 20:30	TAI CHI/QI GONG