

CORSI 2022-2023		
LUNEDÌ	18:00 – 18:50	YOGA DINAMICO (anche online)
	19:15 – 20:05	PILATES (anche online)
	20:15 – 21:05	PILATES (anche online)
MARTEDÌ	13:00 – 13:50	PILATES (anche online)
	19:00 – 19:50	WELLNESS FIT (anche online)
MERCOLEDÌ	18.15 – 19:05	PILATES (anche online)
	19:15 – 20:05	PILATES (anche online)
	20:15 – 21:05	PILATES (anche online)
GIOVEDÌ	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)
VENERDÌ	18:30 – 19:20	YOGA DINAMICO (anche online)
	19:30 – 20:30	TAI CHI/QI GONG