

ORARI CORSI 2019/20 CENTRO SPORTIVO LA PINETA

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
	9:15 - 10:00 Ginnastica vertebrale/posturale		9:15 - 10:00 Ginnastica vertebrale/posturale	
12:45 - 13:30 Pilates	13:00 - 14:00 Spinning			12:45 - 13:30 Pilates
				13:00 - 14:00 Spinning
18:30 - 19:15 Zumba Fitness	18:00 Zumba Fitness			
19:15 - 20:00 Tone up		18:30 - 19:15 Zumba Fitness	19:00 - 19:45 Stretching	18:45 Pump
19:30 Spinning	19:00 - 19:45 Stretching	19:15 - 20:00 Step Tonic	19:30 Spinning	