

ORARI CORSI 2020/21 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				12:45 - 13:30 Pilates
	13:00 - 14:00 Spinning			13:00 - 14:00 Spinning
18:30 - 19:15 Zumba Fitness	18:45 - 19:30 Stretching	18:30 - 19:15 Zumba Fitness	18:45 - 19:30 Stretching	18:45 Pump
19:15 - 20:00 Tone up		19:15 - 20:00 Step Tonic		
19:30 Spinning			19:30 Spinning	