

# PLANNING CORSI CREMA

LUN	MAR	MER	GIO	VEN	SAB	DOM
REAL VT ONDEMAND 6.00/17.30	REAL VT ONDEMAND 6.00/18.30	REAL VT ONDEMAND 6.00/9.00	REAL VT ONDEMAND 6.00/18.00	REAL VT ONDEMAND 6.00/9.00	REAL VT ONDEMAND 6.00/22.00	REAL VT ONDEMAND 6.00/22.00
		CIRCUIT TRAINING 9.00/10.00		ABS 9.00/9.30		
PILATES 10.00/11.00		FIT DANCE 18.00/18.45	PILATES 9.30/10.30			
REAL VT ONDEMAND 11.00/18.00			REAL VT ONDEMAND 10.30/18.00			
PILATES 17.30/18.30	ABS 18.00/18.30	GAG 18.45/19.30	REAL VT ONDEMAND 10.30/18.00			
ABS 18.30/19.00	ABS 18.30/19.00	UPPER BODY 18.30/19.00	PILATES 19.30/20.15	ABS 18.00/18.30		
FULL BODY 19.00/19.45	CIRCUIT TRAINING 19.00/19.45	LEGS and BUTT 19.00/19.30	REAL VT ONDEMAND 20.15/22.00	CIRCUIT 18.30/19.15		
HIIT + GLOBAL STRETCHING 19.45/20.30	REAL VT ONDEMAND 19.45/22.00	PILATES 19.30/20.30		REAL VT ONDEMAND 19.15/22.00		
REAL VT ONDEMAND 20.30/22.00		REAL VT ONDEMAND 20.30/22.00				