

# PLANNING CORSI GAZZADA

LUN	MAR	MER	GIO	VEN
<b>TOTAL BODY</b> 9.30-10.30	<b>METABOLICO</b> 10.00-11.00	<b>TOTAL TONE</b> 9.00-10.00		<b>PILATES</b> 9.00-10.00
<b>PILATES</b> 10.30-11.30	<b>GAG / FIT-BOX CIRCUIT</b> 12.45-13.30	<b>PILATES</b> 10.00-11.00	<b>TOTAL BODY</b> 12.45-13.30	<b>TOTAL BODY</b> 10.00-11.00
	<b>ABS</b> 18.00-18.30		<b>MOBILITY</b> 18.30-19.15	<b>METABOLICO</b> 12.45-13.30
<b>FUNZIONALE</b> 18.00-19.00	<b>CIRCUIT</b> 18.30-19.15	<b>TRX</b> 18.15-19.15	<b>ABS</b> 19.15-19.45	<b>GAG</b> 18.15-19.15
<b>PILATES</b> 19.00-20.00	<b>YOGA</b> 19.15-20.00	<b>PILATES</b> 19.15-20.15		<b>PILATES</b> 19.15-20.15