

# PLANNING CORSI LODI

LUN	MAR	MER	GIO	VEN	SAB	DOM
REAL VT ONDEMAND 6.00/9.30	REAL VT ONDEMAND 6.00/15.15	REAL VT ONDEMAND 6.00/17.00	REAL VT ONDEMAND 6.00/10.00	REAL VT ONDEMAND 6.00/15.15	REAL VT ONDEMAND 6.00/10.00	REAL VT ONDEMAND 6.00/22.00
ABS 9.30/10.00			POSTURALE 10.30/11.30		POLE DANCE* (livello principiante) 10.30/11.45	
POSTURALE 10.00/11.00			TOTAL BODY 12.30/13.15		POLE DANCE* (livello intermedio) 11.45/13.00	
REAL VT ONDEMAND 11.00/18.30			REAL VT ONDEMAND 13.15/16.30			
CROSS TRAINER 18.30/19.15	POLE DANCE* (livello principiante) 15.30/16.45	PILATES 18.30/19.15	HIIT 18.00/18.30	POLE DANCE* (livello principiante) 15.30/16.45		
GAG 19.15/20.00	ABS 18.30/19.00	FIT-BOX 19.15/20.00	ABS 18.30/19.00	PILATES 18.30/19.15	REAL VT ONDEMAND 14.00/22.00	
POLE DANCE* (livello intermedio) 20.00/21.15	UPPER BODY 19.00/19.30	POLE DANCE* (livello intermedio) 20.00/21.15	FULL BODY 19.00/19.45	UPPER BODY 19.15/19.45		
POLE DANCE* (livello intermedio) 21.15/22.30	LEGS and BUTT 19.30/20.00	POLE DANCE* (livello intermedio) 21.15/22.30	POLE DANCE* (livello principiante) 20.00/21.15	LEGS and BUTT 19.45/20.15		
			POLE DANCE* (livello principiante) 21.15/22.30			

\*Non incluso nell'abbonamento BeVip