

PLANNING REALVT LODI

LUN	MAR	MER	GIO	VEN	SAB	DOM
ON DEMAND 6.00/10.00	ON DEMAND 6.00/11.30	ON DEMAND 6.00/9.00	ON DEMAND 6.00/10.00	ON DEMAND 6.00/11.00	ON DEMAND 7.00/11.00	ON DEMAND 7.00/22.00
		RISVEGLIO MUSCOLARE 9.00/9.45				
GAG SHORT 11.30/12.00		PUMP 10.00/10.45		YOGA 11.00/11.45		
CYCLING 12.00/12.45		ABS 11.00/12.00	STEP 11.30/12.15	GAG 11.45/12.30		
ON DEMAND 13.00/16.30	TOTAL TONE 11.30/12.15	ON DEMAND 12.00/17.00	GAG SHORT 12.30/13.00	PUMP 12.30/13.15		
	GAG SHORT 12.30/13.00			FUNZIONALE 13.00/14.00	ABS 13.15/14.00	
GAG SHORT 16.30/17.00	ON DEMAND 13.00/17.00		ON DEMAND 14.00/17.00	GLUTEI 14.00/15.00	ON DEMAND 14.00/22.00	
TOTAL TONE 17.00/18.00				ON DEMAND 15.00/17.30		