

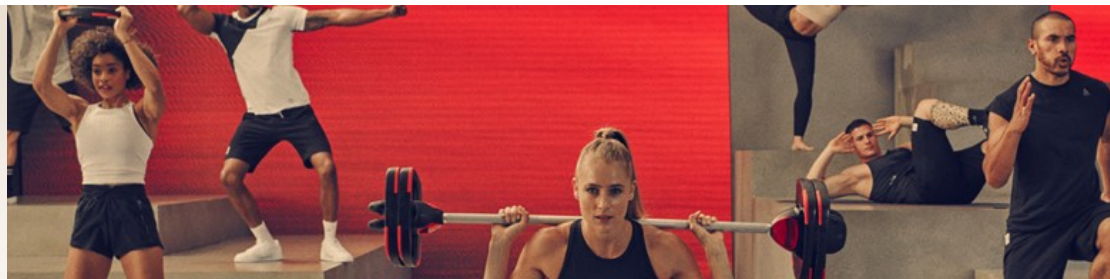
# CORSI dal 09.09.19



**ATHLETIK CLUB 90**

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## LUNEDÌ

09.30 \* 30'  
**ATHLETIK CIRCUIT**

12.15 45'  
**LES MILLS BODYPUMP**

17.30 55'  
**YOGAFLEX**

18.30 30'  
**LES MILLS BODYATTACK**

19.00 45'  
**tone**

20.00 55'  
**ATHLETIK PILATES**

## MARTEDÌ

09.30 55'  
**YOGAFLEX**

12.15 \* 45'  
**PILATES FLEXIBILITY**

17.30 55'  
**LES MILLS BODYPUMP**

18.30 55'  
**LES MILLS BODYCOMBAT**

## MERCOLEDÌ

09.30 55'  
**ATHLETIK PILATES**

17.45 45'  
**LES MILLS BODYATTACK**

18.30 30'  
**LES MILLS CXWORX**

19.00 30'  
**ATHLETIK CRASH**

## GIOVEDÌ

09.30 45'  
**tone**

12.15 \* 30'  
**ATHLETIK CIRCUIT**

17.45 45'  
**LES MILLS BODYCOMBAT**

18.30 55'  
**LES MILLS BODYPUMP**

## VENERDÌ

09.30 45'  
**LES MILLS CXWORX**

12.15 45'  
**tone**

17.30 55'  
**ATHLETIK PILATES**

18.30 30'  
**ATHLETIK CRASH**

## SABATO

10.00 55'  
**LES MILLS BODYPUMP**

14.30 \* 30'  
**ATHLETIK CIRCUIT**

- IL PLANNING POTREBBE SUBIRE MODIFICHE.
- I CORSI SI SVOLGONO CON UN NUMERO MINIMO DI 3 PARTECIPANTI.

**PRENOTAZIONE OBBLIGATORIA**