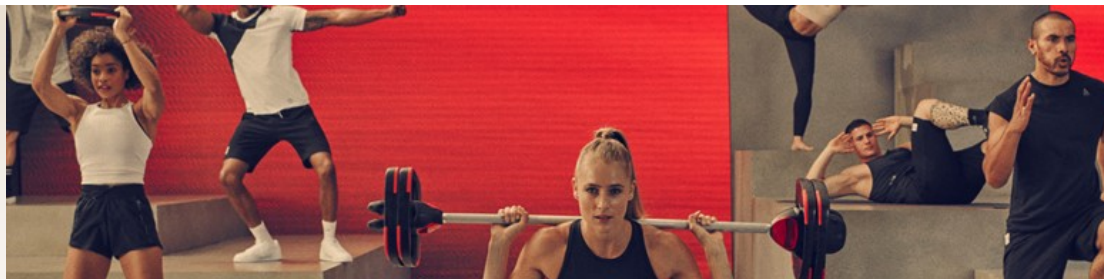


# ORARIO CORSI dal 09.09.2019



**ATHLETIK CLUB 90**

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AthletikClub90

## 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'  
**LES MILLS**  
**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'  
**LES MILLS**  
**tone**

12.15 30'  
ATHLETIK CIRCUIT

17.45 45'  
**LES MILLS**  
**BODYCOMBAT**

18.30 45'  
**LES MILLS**  
**BODYPUMP**

## VENERDÌ

09.30 45'  
**LES MILLS**  
**CXWORX**

12.15 45'  
**LES MILLS**  
**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