






**PLANNING SKY LINE WELLNESS valido dal 7/01/2019 al 31/03/2019**


0377/802863

LUNEDI'				MARTEDI'				MERCOLEDI'				GIOVEDI'				VENERDI'			
9:45	50'	<b>PILATES</b>	SALA	17:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	9:45	50'	<b>PILATES</b>	SALA	17:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	17:00	30'	<b>G&amp;G</b>	SALA
DEBORAH			1	EXTRA			1	DEBORAH			1	EXTRA			1	LAURA			1
10:30	50'	<b>POSTURAL</b>	SALA	18:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	10:30	50'	<b>POSTURAL</b>	SALA	18:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	17:30	30'	<b>ADDOME</b>	SALA
DEBORAH			1	EXTRA			1	DEBORAH			1	EXTRA			1&2	LAURA			1
13:00	50'	<b>CARDIO PILATES</b>	SALA	17:30	30'	<b>ADDOME</b>	SALA	17:30	50'	<b>TOTAL BODY</b>	SALA	19:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	18:00	50'	<b>TOTAL BODY CIRCUIT</b>	SALA
DEBORAH			1	SIMONA			2	LAURA			1	EXTRA			2	LAURA			2
17:30	30'	<b>STEP FUNZIONALE</b>	SALA	H 18:00	30'	<b>TRX TOTAL BODY</b>	SALA	18:30	30'	<b>ADDOME</b>	SALA	19:00	60'	<b>ZUMBA FITNESS</b>	SALA	18:50	60'		SALA
LAURA			1	SIMONA			2	LAURA			1	PAOLA			1	SIMO		<b>SUPER JUMP</b>	1
17:10	50'	<b>PILATES</b>	SALA	18:30	30'	<b>ADDOME</b>	SALA	19:00	50'	<b>GAG</b>	SALA	20:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA	19:00	30'	<b>ADDOME</b>	SALA
SIMONA			2	SIMONA			1	LAURA			1	EXTRA			1	LAURA			2
18:00	30'		SALA	19:00	60'		SALA					21:00	90'	*DANZA: WONDER WALL DANCE STUDIO	SALA				
SIMONA			1	SIMONA			1					EXTRA			1				
18:30	30'		SALA	19:00	60'	<b>FITRUNNING</b>	SALA												
PAOLA			1	MATTEO			WORKOUT												
18:30	30'	<b>ADDOME</b>	SALA	19:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA												
LAURA			2	EXTRA			2												
19:00	60'		SALA	20:00	60'	*DANZA: WONDER WALL DANCE STUDIO	SALA												
PAOLA			1	EXTRA			1												
19:00	60'	<b>CIRCUIT TRX</b>	SALA	21:00	90'	*DANZA: WONDER WALL DANCE STUDIO	SALA												
LAURA			2	EXTRA			1												



sabato			
10:00	30'	<b>ADDOME</b>	SALA
L/S			1
10.30	50'	<b>SURPRISE</b>	SALA
L/S			1

EXTRA : NON COMPRESO  
NELL'ABBONAMENTO OPEN

 PRENOTAZIONE CORSO

**SVOLGIMENTO LEZIONI CON MINIMO DI 3 PERSONE**

