

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
9.00/9.50		10.00/11.00 POSTURALE BACK SCHOOL		ATTIVITÀ MOTORIA ADATTATA		9.00/9.50	11.00/12.00 HATA YOGA				
10.00/10.50 GINNASTICA DOLCE						10.00/10.50 GINNASTICA DOLCE					
11.30/12.30 POSTURALE BACK SCHOOL		CHIUSURA DALLE 12.30 ALLE 15.00									12.00/13.00 POLE Livelli misti
15.00/15.50 GINNASTICA DOLCE						15.00/15.50 GINNASTICA DOLCE					
16.30/17.30 CERCHIO KIDS											
17.30/18.20 PILATES BASE											
18.25/19.15 PILATES TONIC		18.20/19.10 PILATES		18.00/19.00 POSTURALE BACK SCHOOL		17.00 POLE YOUNG		18.15/19.15 POLE BASE			
19.30/20.15 CIRCUIT TRAINING		19.15/20.00 CIRCUIT TRAINING	18.30/19.30 BACK SCHOOL					19.15/20.00 CIRCUIT TRAINING			
20.30/21.30 POLE BASE		19.45/20.45 POLE INTERMEDIO		H.19.00 HATA YOGA		18.30/19.20 PILATES		20.15/22.15 DANZA MODERNA 15/18 a.			
		20.45/21.45 POLE BASE				19.25/20.25 YOGA ODAKA					
				20.15/21.15 CERCHIO AEREO		POLE 20.30 Livelli misti					

VIA PADRE DINO BERETTA 1 , VILLASANTA - TEL 3470790252- WWW.MOVIMENTE.EU

