

LUNEDÌ				MARTEDÌ				MERCOLEDÌ			
SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI	
9:00	WELLNESS TRAINING			9:00	WELLNESS TRAINING			9:00	WELLNESS TRAINING		
10:00	WELLNESS TRAINING			10:00	WELLNESS TRAINING			10:15	NORDIC WALKING		
11:00	WELLNESS TRAINING			11:00	WELLNESS TRAINING			11:15			
						11:00	GINNASTICA POSTURALE				
										14:15	POSTURAL PILATES
		17:15	CIRCUIT ADOLESCENTI	17:00	WELLNESS TRAINING	17:15	GINNASTICA CORRETTIVA				
18:00	WELLNESS TRAINING			18:00	WELLNESS TRAINING	18:00	GINNASTICA POSTURALE	18:00	WELLNESS TRAINING		
19:00	WELLNESS TRAINING			19:00	WELLNESS TRAINING	19:00	GINNASTICA POSTURALE	19:00	WELLNESS TRAINING		
19:00	WELLNESS TRAINING	19:00	ALLENAMENTO FUNZIONALE	19:00	WELLNESS TRAINING	19:00	POSTURAL PILATES	19:00	WELLNESS TRAINING	19:00	ALLENAMENTO FUNZIONALE
20:00	WELLNESS TRAINING	20:00		20:00	WELLNESS TRAINING	20:00		20:00	WELLNESS TRAINING	20:00	
20:00	WELLNESS TRAINING							21:00	WELLNESS TRAINING		
21:00	WELLNESS TRAINING										

GIOVEDÌ				VENERDÌ			
SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI	
9:00	WELLNESS TRAINING			9:00	WELLNESS TRAINING		
10:00	WELLNESS TRAINING			10:00	WELLNESS TRAINING		
10:00	WELLNESS TRAINING	11:00	GINNASTICA ANTALGICA	10:00	WELLNESS TRAINING		
11:00		12:00		11:00			
						14:15	POSTURAL PILATES
						15:15	
		17:15	CIRCUIT ADOLESCENTI	17:00	WELLNESS TRAINING	17:15	GINNASTICA CORRETTIVA
18:00	WELLNESS TRAINING	18:00		18:00	WELLNESS TRAINING	18:00	GINNASTICA POSTURALE
19:00	WELLNESS TRAINING			19:00	WELLNESS TRAINING	19:00	GINNASTICA POSTURALE
19:00	WELLNESS TRAINING			19:00	WELLNESS TRAINING	19:00	POSTURAL PILATES
20:00	WELLNESS TRAINING			20:00	WELLNESS TRAINING	20:00	POSTURAL PILATES

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