

LUNEDÌ				MARTEDÌ				MERCOLEDÌ			
SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI	
8:30 9:30	WELLNESS TRAINING			8:30 9:30	WELLNESS TRAINING			8:30 9:30	WELLNESS TRAINING		
9:30 10:30	WELLNESS TRAINING			9:30 10:30	WELLNESS TRAINING			9:30 10:30	WELLNESS TRAINING		
10:30 11:30	WELLNESS TRAINING			10:30 11:30	WELLNESS TRAINING	11:30 12:30	GINNASTICA POSTURALE	10:30 11:30	WELLNESS TRAINING		
										14:30 15:30	POSTURAL PILATES
		17:15 18:00	CIRCUIT ADOLESCENTI	17:00 18:00	WELLNESS TRAINING	17:15 18:00	GINNASTICA CORRETTIVA				
18:00 19:00	WELLNESS TRAINING			18:00 19:00	WELLNESS TRAINING	18:00 19:00	GINNASTICA POSTURALE	18:00 19:00	WELLNESS TRAINING		
19:00 20:00	WELLNESS TRAINING			19:00 20:00	WELLNESS TRAINING	19:00 20:00	POSTURAL PILATES	19:00 20:00	WELLNESS TRAINING		
20:00 21:00	WELLNESS TRAINING							20:00 21:00	WELLNESS TRAINING		

GIOVEDÌ				VENERDÌ				SABATO	
SALA REHAB		SALA CORSI		SALA REHAB		SALA CORSI		SALA REHAB	
8:30 9:30	WELLNESS TRAINING			8:30 9:30	WELLNESS TRAINING			8:30 9:30	WELLNESS TRAINING
9:30 10:30	WELLNESS TRAINING	11:30 12:30	GINNASTICA POSTURALE	9:30 10:30	WELLNESS TRAINING			9:30 10:30	WELLNESS TRAINING
10:30 11:30	WELLNESS TRAINING			10:30 11:30	WELLNESS TRAINING			10:30 11:30	WELLNESS TRAINING
						14:15 15:15	POSTURAL PILATES		
		17:15 18:00	CIRCUIT ADOLESCENTI	17:00 18:00	WELLNESS TRAINING	17:15 18:00	GINNASTICA CORRETTIVA		
18:00 19:00	WELLNESS TRAINING			18:00 19:00	WELLNESS TRAINING	18:00 19:00	GINNASTICA POSTURALE		
19:00 20:00	WELLNESS TRAINING			19:00 20:00	WELLNESS TRAINING	19:00 20:00	POSTURAL PILATES		

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