



Body Harmony Evolution

Sala Fitness

DAL LUNEDI AL VENERDI DALLE 10.00 ALLE 23.00

SABATO DALLE 10.00 ALLE 18.00

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ORA	LUNEDI	MARTEDI	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.30		Interv.Jump Sabrina		Interv.Jump Sabrina		
10.30	Evo.Pump Guido	T.B.W. Mena	Interval Jump Guido	T.B.W. Mena	Evo.Pump Guido	
11.30	Evo YogaFit Guido	PILATES Carla	Evo YogaFit Guido	PILATES Carla	Evo YogaFit Guido	Interval Jump
14.00	Evo Pump Guido		Evo Pump Guido		Evo Pump Guido	
16.00						Evo Pump
17.00	S.W.A.T.		S.W.A.T.		S.W.A.T.	
18.00	Evo Pump Antonella	T.B.W. Sasà	Evo Pump Antonella	T.B.W. Sasà	Evo Pump Antonella	
19.00	Interval Jump Guido	STEP Sasà	Interval Jump Guido	STEP Sasà	Interval Jump Guido	
20.00	Evo Pump Guido	Jump kombat Guido	Evo Pump Guido	Evo Combat Guido	Evo Pump Guido	
21.00	Evo Fitboxe Guido	S.W.A.T. Antonella	S.W.A.T. Guido	S.W.A.T. Antonella	Evo Fitboxe Guido	
21.00		Evo YogaFit Guido		Evo YogaFit Guido		