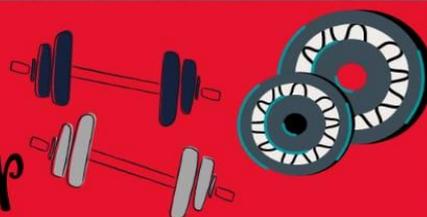


# CORSI SALA FITNESS *planner*



## LUNEDÌ

9:30 PILATES  
18:30 **FUNCTIONAL**  
19:30 YOGA  
19:45 **OMNIA**  
20:30 GYM BOXE

## MARTEDÌ

9:30 **POSTURALE**  
10:15 **POSTURALE**  
18:30 **GAG**  
19:15 **FIT BOXE**  
20:00 **ACTIVE PUMP**

## MERCOLEDÌ

9:30 PILATES  
18:15 **LATIN FIT**  
19:00 **OMNIA**  
19:45 PILATES

## GIOVEDÌ

9:30 **POSTURALE**  
18:45 **FUNCTIONAL**  
19:30 YOGA

## VENERDÌ

9:30 **POSTURALE**  
18:15 **FIT BOXE**  
19:00 PILATES

## SABATO

13:00 **POWER UP**

