

SALA GRANDE	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
9:30-10:30	STRETCHING			STRETCHING	
10:30-11:30		PILATES		PILATES	
11:30-12:30		YOGA		YOGA	
13:00-14:30	PIEROCARDIO	CROSS GYM	PIEROSPINN	CROSS GYM	PIERO PUMP
15:30-16:30	GIOSPORT MOTRICITA'				
17:30-18:30			GIOSPORT MOTRICITA'		
18:30-19:30	PIEROCARDIO	PILATES OXY	PIERO TONO	PILATES OXY	ZUMBA
19:30-20:30	KICKBOXING	CROSS GYM	KICKBOXING	CROSS GYM	PIERO GAG
20:30-21:30	KICKBOXING	STRETCHING	KICKBOXING	M.M.A.	JIU-JITSU
21:30-22:30		DIVESA PERSONALE	JIU-JITSU		JIU-JITSU
22:30-23:30			JIU-JITSU		

SALA PICCOLA	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
15:00-16:00		SPINNING		SPINNING	SPINNING
16:00-17:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
17:00-18:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
18:00-19:00	SPINNING	WALKING	SPINNING	WALKING	SPINNING
19:00-20:00	SPINNING	WALKING	SPINNING	WALKING	SPINNING
20:00-21:00	SPINNING	ZUMBA	SPINNING		STRETCHING
21:00-22:00					DIVESA PERSONALE



Perfect gym Cesena



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