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EXCLUSIVE WELLNESS

WORKOUT

CONSCIOUS AREA

LUNEDÌ	09.15-10.10 WG YOGA  	11.00-11.55 WG PILATES 	13.00-13.55 WG PILOGA 	18.30-19.25 WG PILATES 	19.30-20.25 WG YOGA  	20.30-21.25 WG PILATES ADVANCED 		
MARTEDÌ	10.00-10.55 WG PILATES (in area fun) 	13.15-14.10 WG AIR YOGA (in functional)  	16.15-17.10 WG PILATES TRXercise (in functional)  	18.15-19.10 WG PILATES 	19.15-20.10 WG ABD & STRETCH 			
MERCOLEDÌ	11.00-11.55 WG PILATES 	13.00-13.55 WG PILATES 	19.00-19.55 WG PILATES 	20.30-21.30 WG YOGA ADVANCED  				
GIOVEDÌ	09.15-10.10 WG YOGA  	11.30-12.25 WG STRETCHING 	18.30-19.25 WG ABD & STRETCH 	19.30-20.25 WG STRETCHING 	20.30-21.25 WG PILATES ADVANCED  			
VENERDÌ	10.00-10.55 WG POSTURAL PILATES 	11.00-11.55 WG PILATES 	13.15-14.10 WG YOGA  	19.00-20.00 WG PILOGA  				
SABATO	11.00-11.55 WG YOGA (in sala FUN)  	11.00-11.30 WG GLUTEUS  	11.30-12.00 WG ABDOMINAL  					
DOMENICA	10.30-11.25 WG POWER STRETCHING (in area FUN)  							

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018

I CORSI DI PILATES TRXercise E AIR YOGA RICHIEDONO LA PRENOTAZIONE ONLINE
MYCLUB.PRIMEFITNESS.IT



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