

PLANNING CORSI

	<i>LUNEDI</i>	<i>MARTEDI</i>	<i>MERCOLEDI</i>	<i>GIOVEDI</i>	<i>VENERDI</i>	<i>SABATO</i>	<i>DOMENICA</i>
<i>ORE 12.00-12.45</i>		<i>YOGA (Mary)</i>		<i>YOGA (Mary)</i>			
<i>ORE 12.45-13.30</i>		<i>Stretching (Mary)</i>		<i>Stretching (Mary)</i>			
<i>ORE 13.00-14.15</i>	<i>GAG Max</i>		<i>Total Body Max 13.00-14.15</i>				
<i>ORE 16-17</i>						<i>Total Body 16,00-17,30 Max</i>	
<i>ORE 18.30 -20.00</i>	<i>Total Body Max</i>				<i>YOGA (Mary)</i>	<i>17.30-18.00 Stretching Max</i>	
<i>ORE 19-20</i>		<i>TOTAL BODY WORKOUT*** Arianna</i>	<i>Pilates Alessandro 19.30-20.30</i>	<i>UPPER BODY Arianna</i>	<i>YOGA (Mary)</i>		
<i>ORE 20-21</i>							