

Sundenplan/ Piano Corsi	Mon/ Lun	Dien/Mart	Mitt/Merc	Donn/Giov	Frei/Ven
10.00-11.00	OLISTIC	PILATES	TOTAL BODY		OLISTIC
12.45 -13.45	STEP & TONE	PUMP	PILATES	TOTAL BODY	
18.00-19.00	ZUMBA			Vinyasa Yoga	Omnia
19.00-20.00		KROSSFIT ( 19.30-20.30)	PUMP	GAG	
	TRX (20.00-20.30)				