

Wellness Week

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.15		POSTURALE			POSTURALE	9.00 YOGA
10.15		WATER PILATES			WATER PILATES STRONG	
11.15	WATER FIT			WATER FIT		
13.10						
17.30						
18.15	PILATES		PILATES	18.30 POSTURALE	TOTAL BODY DRENANTE	
18.30		STRETCHING & BODY BALANCE				
19.00	WATER STRETCH	19.15 NUOTO TERAPEUTICO	WATER FIT		HATHA YOGA 60'	