

ATTIVITA':

AG FITNESS

PILATES/YOGA

FITNESS

# MINICLASSI IN BOUTIQUE

ORA	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:00	Pilates MAT (60')	AG Fusion (60')	Barrè Training (60')	BlackRoll (60')	Yoga (60')	
11:00				IPATH Restorative Yoga (60')		
12:00					IPATH Pilates Mat (60')	
12:45						AG Fusion (60')
13:00		Barrè Training (60')			HIIT Tabata (60')	
17:00				AG Fusion (60')		
18:00	AG Fusion (60')		CardioYoga (60')		Pilates Mat (60')	
18:30		Yoga (60')				
19:00	HIIT (60')			Barrè Training (60')		
19:30						
20:00	AG Restorative (60')			AG Fusion (60')		