

ATTIVITA':

AG FITNESS

PILATES/YOGA

FITNESS

LEZIONI SU ZOOM

ORA	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	ENERDÌ	SABATO
7:30						Ginnastica Ipopressiva (60')
10:00	Pilates MAT (60')		Barrè Training (60')	BlackRoll (60')	Vinyasa 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')	Pilates Props (60')	Vinyasa Yoga (60')		Pilates Mat (60')	
19:00	HIIT (60')	Ginnastica Posturale Ipopressiva (60')		Barrè Training (60')		
20:00	AG Restorative (60')			AG Restore (60')		