PROGRAMMA PALESTRA 2016/2017

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
GIANNA DERIU **Tel. 349-3137024**	10,00/11,00 **Pilates Dinamico**	11,00/12,00 **Pilates big ball**		11,00/12,00 **Pilates Dinamico**	11,00/12,00 **Garuda**
DEBORAH PUGI **Tel 349-6570007**	13,30/14,30 **Functional Training**	09,45/10,45 **Ladies Postural**	14,00/15,00 **Functional Training** 17,00/18,00 **Ladies Postural**	09,45/10,45 **Ladies Postural**	13,30/14,30 **Functional training** 17,00/18,00 **Ladies Postural**
CHIARA BERNARDINI **Tel. 338-7371590**				13,30/14,30 **PILATES**	
SANTO CACCAMO **Tel. 339-8268656**		**DANZA**			
PIERPAOLO CALLIPO **Tel. 348-6944843**	13,00/14,00 **PUGILATO**				
GORI GIANNA **Tel. 338-5065621**	11,30/12,30 **YOGA**		10,00/11,00 **YOGA**		
ILARIA VANNUCCI **Tel. 329-6027340**	18,00/19,00 **TAIJI QUAN** **STILE CHEN**		18,00/19,00 **TAIJI QUAN** **STILE CHEN**		