

PROGRAMMA PALESTRA 2019/2020

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
GIANNA DERIU Tel. 349-3137024	10,00/11,00 Pilates Dinamico	11,00/12,00 Pilates big ball Garuda		11,00/12,00 Pilates Dinamico	
DEBORAH PUGI Tel 349-6570007	13,30/14,30 Body Functional	09,45/10,45 Ladies Postural	13,30/14,30 Body Functional 17,00/18,00 Ladies Postural	09,45/10,45 Ladies Postural	13,30/14,30 Body Functional 17,00/18,00 Ladies Postural
PIERPAOLO CALLIPO Tel. 348-6944843		13,20/14,20 PUGILATO		13,20/14,20 PUGILATO	
GORI GIANNA Tel. 338-5065621	8,00/9,00 11,15/12,15 YOGA		10,00/11,00 YOGA	8,00/9,00 YOGA	