

PROGRAMMA CORSI DI GINNASTICA 2020-2021

	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		09,45/10,45 Ladies Postural	17,00/18,00 Ladies Postural	09,45/10,45 Ladies Postural	17,00/18,00 Ladies Postural
GORI GIANNA Tel. 338-5065621	8,00/9,00 YOGA 9,00/10,00 YOGA		8,00/9,00 YOGA 9,00/10,00 YOGA		
ELISABETTA SEGATO 3282123845	13,30/14,30 Posturale FIT		13,30/14,30 Posturale FIT		