



FATBURNIG PILATES PROGRAM DAL 23/10/23 AL 2/12/13



*Giorni e orari sono indicativi e soggetti a variazione.
Disdetta non oltre 24 ore prima dell'inizio della lezione

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.00 SMALL CLASS Open	09.00 FATBURNING PROGRAM SMALL CLASS	*NEW 9.00 CONTROLOGY	9.00 SMALL CLASS Open	9.00 FATBURNING PROGRAM MATWORK EVOLUTION	*NEW 9.00 CONTROLOGY
*NEW 10.00 FATBURNING PROGRAM MATWORK EVOLUTION		10.00 FATBURNING PROGRAM SMALL CLASS	10.00 FATBURNING PROGRAM BUM BARRE	10.00 SMALL CLASS Open	*NEW 10.00 CADILLAC ROUTINE
18.00 SMALL CLASS Open					
18.00 FATBURNING PROGRAM MEDITAZIONE &	*NEW 18.00 FATBURNING PROGRAM BUM BARRE	18.00 SMALL CLASS Open	18.00 SMALL CLASS Open	18.30 FATBURNING PROGRAM SMALL CLASS	
*NEW 19.00 FATBURNING PROGRAM MATWORK EVOLUTION	19.00 SMALL CLASS Open	19.00 FATBURNING PROGRAM SMALL CLASS	*NEW 19.00 FATBURNING PROGRAM MATWORK EVOLUTION	19.30 SMALL CLASS Open	

-  FATBURNING PROGRAM
-  *NEW CLASS
-  SMALL CLASS