



WeMove Lab

Pilates

Yoga

Flying yoga dance©

Pancafit©

Functional Training

Ginnastica posturale

Psicomotricità

Ginnastica dolce

Fit Boxe

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Calendario corsi 2023/24

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
			10.00-11.00 Pilates	
11.00-12.00 Ginnastica dolce		11.00-12.00 Ginnastica dolce	11.00-12.00 Pilates	11.00-12.00 Ginnastica dolce
12.00-13.00 Personal		12.00-13.00 Personal		12.00-13.00 Pilates
13.00-14.00 Functional	13.00-14.00 Pilates	13.00-14.00 Yoga	13.00-14.00 Functional	13.00-14.00 Pilates
16.45-17.45 Gioco danza (3/5 anni)	16.45-17.45 Gioco danza (6/10 anni)	16.45-17.45 Avviamento motorio (3/6 anni)	16.45-17.45 Yoga Kids	16.45-17.45 Cheerleading
18.00-19.00 Functional	18.00-19.00 Yoga	18.00-19.00 Pilates	18.00-19.00 Functional	18.00-19.00 Functional
19.00-20.00 Pilates	19.00-20.00 Flying yoga dance©	19.00-20.00 Pilates	19.00-20.00 Functional	
20.00-21.00 Pilates	20.00-21.00 Flying yoga dance©	20.00-21.00 Functional	20.00-21.00 Yoga	
21.00-22.00 Functional	21.00-22.00 Fit Boxe	21.00-22.00 Functional	21.00-22.00 Fit Boxe	