



PLANNING CORSI ANNO 2018/2019

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
	SALA P.T	SALA CORSI	SALA P.T	SALA CORSI	SALA P.T	SALA CORSI	SALA P.T	SALA CORSI	SALA P.T	SALA CORSI	SALA P.T	SALA CORSI
		C	P.T				P.T				Open	p
9,00		H	P.T	POSTURALE			P.T			PILATES	Open	p
9,30		I	P.T	09,00/10,00			P.T			09,00/10,00	Open	p
10,00		U	P.T		Open	p	P.T		Open		Open	
10,30		S	P.T		Open	p	P.T		Open		Open	
11,00		O	P.T		Open	p	P.T	p	Open		Open	
11,30		/	P.T	p	Open	p	P.T	p	Open	p	Open	
12,00		C	P.T	p	Open	p	P.T	p	Open	p	Open	
12,30		H	Open	p	Open	p	Open	p	Open	p	Open	p
13,00		I	Open	p	Open	p	Open	p	Open	p	Open	p
13,30		U	Open	p	Open	p	Open	p	Open	p	Open	p
14,00		S	Open	p	Open	p	Open	p	Open	p	Open	p
14,30		O	Open	p	Open	p	Open	p	Open	p	Open	p
15,00	Open		Open	p	Open	p	Open	p	Open	p	Open	p
15,30	Open		Open	p	Open	p	Open	p	Open	p	Open	p
16,00	Open		Open		Open	p	Open	p	Open	p	Open	p
16,30	Open		P.T	POSTURALE 17,00/18,00	P.T		P.T	p	P.T		Open	p
17,00	Open		P.T		P.T		P.T		P.T	POSTURALE 17,00/18,00	Open	p
17,30	Open		P.T		P.T		P.T		P.T		Open	p
18,00	Open		P.T	PILATES 18,00/19,00	P.T	PILATES 18,00-19,00	P.T		P.T	PILATES 18,00/19,00	Open	p
18,30	Open	GAG 18,15/19,00	P.T		P.T		P.T		P.T		Open	C
19,00	Open		P.T	19,00/20,00		YOGA 19,00/21,00	P.T		P.T	19,00/20,00	Open	H
19,30	Open		P.T				P.T		P.T		Open	I
20,00	Open	YOGA 19,00/21,00	P.T				P.T	ADDOMINALE KILLER 19,00 -19,45			Open	U
20,30	Open		P.T				P.T				Open	S
21,00											Open	O
21,30												

BEAUTY ISLAND - Estetica & Fitness

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