

# PALESTRA YOO – ORARIO 2011 - 2012

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
	YOGA & PILATES 8.30 – 9.15			YOGA & PILATES 8.30 – 9.15
AEROBICA FIT & FUN 9.30 – 10.30	TONIC & PUMP 9.30 – 10.30		AEROBICA FIT & FUN 9.30 – 10.30	TONIC & PUMP 9.30 – 10.30
	AEROBICA FIT & FUN 12.45 – 13.45			AEROBICA FIT & FUN 12.45 – 13.45
BUDO BABY 4 – 7 anni 16.30 – 17.15	GIN. ACROBATICA Baby 4 – 7 anni 16.30 – 17.15	BUDO BABY 4 – 7 anni 16.30 – 17.15	GIN. ACROBATICA Baby 4 – 7 anni 16.30 – 17.15	
BUDO – JUNIOR 8 -15 anni 17.20 – 18.20	GIN. ACROBATICA Junior 8 -15 anni 17.20 – 18.20	BUDO – JUNIOR 8 -15 anni 17.20 – 18.20	GIN. ACROBATICA Junior 8 -15 anni 17.20 – 18.20	BUDO – ADVANCED 8 -15 anni 17.20 – 18.20
	TOTAL BODY LIGHT 18.30 – 19.15			TOTAL BODY LIGHT 18.30 – 19.15
AEROBICA FIT & FUN 19.45 – 20.45	FIT BOXE mix PUMP 19.45 – 20.45	FIT ENERGY 19.30 – 20.30	AEROBICA FIT & FUN 19.45 – 20.45	FIT BOXE mix PUMP 19.45 – 20.45
	M.M.A. Mixed Martial Arts 21.00 – 22.30			M.M.A. Mixed Martial Arts 21.00 – 22.30