

# PALINSESTO FITNESS 2023-2024

## Lunedì      Martedì      Mercoledì      Giovedì      Venerdì      Sabato

9.30 **PILATES**  
 10.30 **STRETCHING**

17.00 **BABY IN DANZA**  
 17.45 **TONE UP**

18.30 **FIT BOXE**   
 19.30 **TONE UP**  
 20.15 **FIT BOXE**

20.15 **PILATES**

9.30 **STRETCHING**  
 10.30 **PILATES**

19.00 **PILATES**  
 20.00 **FIT BOXE**

BA

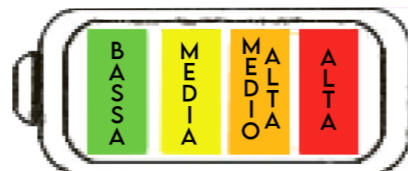
18.00 **TONE UP**  
 18.45 **PILATES**  
 19.45 **FIT BOXE**   
 20.45 **SPINNING**

9.30 **PILATES**  
 19.30 **PILATES**



Il planning potrebbe subire variazioni

**INTENSITA'**



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