

OUTDOOR

ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
09:00						
09:30						
10:00		METODO: MOMMY WORKOUT 10.30-11.30				
10:30						
11:00						
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00		METODO: OUT DO 19.00-20.00		METODO: OUT DO 19.00-20.00	METODO: OUT DO 19.00-20.00	
19:30						
20:00						
20:30						
21:00						
21:30						