

ORARIO INVERNALE

valido dal 23/09/2024 al 30/05/2025

		LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
17-18	sala aerea					
	sala gym					
	sala pole					
18-19	<i>sala aerea</i>		TESS BASE		TESS PRINC	
	<i>sala gym</i>	SBARRA EASY	POWER	POWER	SBARRA HARD	
	<i>sala pole</i>	POLE ADV	POLE BASE	POLE INTER	POLE PRINC	
19-20	<i>sala aerea</i>	CERCHIO BASE	TESS INTER	CERCHIO PRINC	TESS OPEN	
	<i>sala gym</i>	STRETCHING	POWER	POWER	POWER	
	<i>sala pole</i>	POLE INTER	STRETCHING RAF	POLE ADV	POLE BASE	
20-21	<i>sala aerea</i>	CERCHIO INTER	TESS ADV	CERCHIO OPEN	CERCHIO ADV	
	<i>sala gym</i>	POWER	STRETCHING	STRETCHING	STRETCHING	
	<i>sala pole</i>		POLE PRINC			