

FIT-ZONE SCHEDULE

📞 8938

hours ORARI	Monday LUNEDÌ	Tuesday MARTEDÌ	Wednesday MERCOLEDÌ	Thursday GIOVEDÌ	Friday VENERDÌ	Saturday SABATO	Sunday DOMENICA
9:00 > 9:45	Light Pilates	Mobility Stretching	Light Pilates	Mobility Stretching	Light Pilates	Mobility Stretching	Light Pilates
11:00 > 11:45	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY	ZUMBA by DANCE ACADEMY
16:00 > 16:45 BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL	AcquaGym BAIA DELLE PALME POOL
18:00 > 18:45	Functional HIGH PERFORMANCE METHOD	Aerobica & Step	Functional HIGH PERFORMANCE METHOD	Aerobica & Step	Functional HIGH PERFORMANCE METHOD	Aerobica & Step	Legs, Bums and Tums

ForteVillage

SARDINIA