



SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE DI DICEMBRE

7/12

09:30 **JUMPING FITNESS**
Amelia- 45'

10:20 **Nirvana**
Daniela- 45''

11:10 **INTERVAL FIT**
Daniela- 45''

12:00 **PILATES**
Daniela 45'

16:00 **ACQUAGYM**
Javi- 45'

18:00 **YOGA**
Monica V- 75'

14/12

09:30 **JUMPING FITNESS**
Amelia- 45'

10:20 **Nirvana**
Daniela- 45''

11:10 **INTERVAL FIT**
Danielaa- 45''

12:00 **PILATES**
Daniela 45'

16:00 **ACQUAGYM**
Javi- 45'

18:00 **YOGA**
Monica V- 75'

21/12

09:30 **Nirvana**
Nicoletta- 45'

10:20 **TRX**
Nicoletta- 45'

10:30 **INDOOR CYCLING**
Paolo - 60'

11:10 **INTERVAL FIT**
Nicoletta- 45''

12:00 **PILATES**
Nicoletta 45'

16:00 **ACQUAGYM**
Javi- 45'

18:00 **YOGA**
Monica V- 75'

28/12

09:30 **Nirvana**
Nicoletta- 45'

10:20 **TRX**
Nicoletta- 45'

10:30 **INDOOR CYCLING**
Giancarlo - 60'

11:10 **INTERVAL FIT**
Nicoletta- 45''

12:00 **PILATES**
Nicoletta 45'

16:00 **ACQUAGYM**
Javi- 45'

18:00 **YOGA**
Monica V- 75'