



SPORTING MILANO 3
HEALTH & LIFESTYLE

DOMENICHE DI FEBBRAIO

1/2

09:30	Nirvana® Nicoletta- 45'
10:20	TRX Nicoletta- 45'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletta 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

8/2

09:30	JUMPING FITNESS Amelia- 45'
10:20	TRX KRIZIA- 45'
10:30	INDOOR CYCLING Giuseppe - 60'
11:10	INTERVAL FIT KRIZIA- 45''
12:00	PILATES KRIZIA 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

15/2

09:30	JUMPING FITNESS Amelia- 45'
10:20	TRX KRIZIA- 45'
11:10	INTERVAL FIT KRIZIA- 45''
12:00	PILATES KRIZIA 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'

22/2

09:30	Nirvana® Nicoletta- 45'
10:20	TRX Nicoletta- 45'
10:30	INDOOR CYCLING Giuseppe - 60'
11:10	INTERVAL FIT Nicoletta- 45''
12:00	PILATES Nicoletta 45'
16:00	ACQUAGYM Javi- 45'
18:00	YOGA Monica V- 75'