SM3

SPORTING MILANO 3

HEALTH & LIFESTYLE

DOMENICHE DI MARZO

1/3

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'

8/3

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'

15/3

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'

22/3

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'

29/3

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'