



SPORTING MILANO 3  
HEALTH & LIFESTYLE

# DOMENICHE DI APRILE

5/4

**CHIUSURA**

BUONA  
*Pasqua*

12/4

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

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09:30	<b>JUMPING FITNESS</b> Amelia- 45'
10:20	<b>TRX</b> Krizia- 45'
10:30	<b>INDOOR CYCLING</b> Giancarlo 60'
11:10	<b>INTERVAL FIT</b> Krizia- 45''
12:00	<b>PILATES</b> Krizia 45'
16:00	<b>ACQUAGYM</b> Javi- 45'
18:00	<b>YOGA</b> Monica V- 75'

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