



— BARBELL & FITNESS —
ROMA

PLANNING FITNESS CLASS

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
09.30 energy	09.30 red	09.30 energy	09.30 red	09.30 energy
10.30 posturale	10.30 pilates fit	10.30 posturale	10.30 pilates fit	10.30 posturale
13.30 red		13.30 red		13.30 red
16.00 burn it		16.00 burn it		16.00 zumba
17.00 body flow		17.00 posturale		17.00 body flow
17.50 posturale	17.30 red floor	17.50 body flow	17.30 red floor	17.50 posturale
19.00 body sculpt	18.30 core training	19.00 erd step	18.30 core training	19.00 body sculpt
19.50 power yoga	19.30 red	19.50 body sculpt	19.30 red	19.50 power yoga