

PLANNING REALVT CREMA

LUN	MAR	MER	GIO	VEN	SAB	DOM
ON DEMAND 6.00/9.00	ON DEMAND 6.00/9.00	ON DEMAND 6.00/9.00	ON DEMAND 6.00/9.00	ON DEMAND 6.00/9.00	ON DEMAND 7.00/22.00	ON DEMAND 7.00/22.00
TOTAL BODY 9.00/9.45	GLUTEI 9.00/9.30		RISVEGLIO MUSCOLARE 9.00/9.45			
ABS 10.00/10.45	PUMP 9.30/10.15		STEP 10.00/10.45			
GAG 11.00/11.45	YOGA 10.30/11.15		GAG SHORT 11.00/11.30			
STEP 12.00/12.45	TOTAL TONE 11.30/12.15	ON DEMAND 10.30/16.00	PUMP 11.30/12.15	ON DEMAND 10.30/18.00		
ON DEMAND 13.00/17.00	GAG SHORT 12.30/13.00		FUNZIONALE 12.30/13.30			
	ON DEMAND 13.00/17.00		ON DEMAND 13.30/17.00			
	GAG SHORT 17.00/17.30	STEP 16.00/16.50				
	FUNZIONALE 17.30/18.15	TOTAL TONE 17.00/17.50	ON DEMAND 17.00/18.00			