

# TORINO CERCENASCO

LUN./VEN. 8/23 - SAB. 9/20

| LUNEDÌ                         | MARTEDÌ              | MERCOLEDÌ                        | GIOVEDÌ                        | VENERDÌ                      |
|--------------------------------|----------------------|----------------------------------|--------------------------------|------------------------------|
| SALA 1                         | SALA 1               | SALA 1                           | SALA 1                         | SALA 1                       |
| 09:00<br>POSTURAL              |                      | 09:00<br>POSTURAL                |                                |                              |
| 10:00<br>TOTAL BODY            | 10:00<br>PILATES     | 10:00<br>LES MILLS<br>BODYPUMP   | 10:00<br>PILATES               | 10:00<br>LES MILLS<br>SH'BAM |
| 13:00<br>GAG                   | 13:00<br>STEP TONE   | 13:00<br>LES MILLS<br>BODYPUMP   | 13:00<br>STEP TONE             | 13:00<br>PILATES             |
| 18:00<br>PILATES               | 18:00<br>GRIT CXWORX | 18:00<br>LES MILLS<br>BODYPUMP   | 18:30<br>STEP TONE             | 18:00<br>GAG                 |
| 19:00<br>LES MILLS<br>BODYPUMP | 19:00<br>STEP TONE   | 19:00<br>LES MILLS<br>BODYATTACK | 19:30<br>LES MILLS<br>BODYPUMP | 19:00<br>PILATES             |
| 20:00<br>STEP TONE             |                      |                                  |                                |                              |