

FITNESS STALINGRADO

FLOWFIT - TACFIT	LUN	MAR	MER	GIO	VEN	SAB
			7:30 - 8:30 FLOWFIT & STRENGTH			09:30 - 10:30 FLOWFIT & STRENGTH
		20:00 - 21:00 TACFIT		20:00 - 21:00 TACFIT		

GINNASTICA DOLCE	LUN	MAR	MER	GIO	VEN
	9:30 - 10:30		9:30 - 10:30		9:30 - 10:30

IYENGAR YOGA	LUN	MAR	MER	GIO	VEN
		19:15 - 20:15 BASE		19:45 - 21:00 OPEN	
		20:15 - 21:30 AVANZATO			