



ORARIO CORSI

<u>ORARIO</u>	<u>LUNEDÌ</u>	<u>MARTEDÌ</u>	<u>MERCOLEDÌ</u>	<u>GIOVEDÌ</u>	<u>VENERDÌ</u>	<u>SABATO</u>
<u>10:00</u>		YOGA		YOGA		
<u>11:00</u>						HIROX
<u>13:30</u>	LUNCH FIT		LUNCH FIT		LUNCH FIT	
<u>15:45</u>		WING CHUN GUERRIERI		WING CHUN GUERRIERI		
<u>16.45</u>		WING CHUN PICCOLE TIGRI		WING CHUN PICCOLE TIGRI		
<u>18:00</u>		PILATES		PILATES		
<u>19:00</u>	FUNCTIONAL	HIROX	FUNCTIONAL	HIROX	FUNCTIONAL	
<u>20:00</u>	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING	



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