



MUOVITI

OPEN-DAY

My Fitness s.s.d. a r.l.

BODYLine

21 SETTEMBRE



WWW.BODYLINE.IT

SALA 2

- 09:15 **Body Balance** Elena
- 10:00 **Functional** Roberto P.
- 10:45 **Pilates** Miriam
- 11:30 **Body Combat** Rafael
- 12:15 **Zumba** Cynthia
- 13:00 **Body Sculpt** Fernando
- 13:45 **G.A.S.** Francesco
- 14:30 **Step III** Mario
- 15:15 **G.A.G.** Stefano B.
- 16:00 **Capoeira** Cabeza
- 16:45 **Hip Hop** Chiara
- 17:30 **Salsa e Bachata** Anna

GARDEN / SALA 3

- 09:00 **P.A.F.** Saverio
- 10:45 **Tai Chi** Roberto + Grazia
- 11:30 **Bagno Gong** Miriam
- 12:40 **Yoga** Eka
- 14:15 **Striding** Nazza

SALA INDOOR CYCLING

- 09:30 **Spinning** Mina
- 11:00 **Spinning** Roberto

SALA FUNZIONALE

- 11:00 **Difesa Personale** Paolo
- 12:00 **F.A.C.T.S.** Eka
- 13:30 **TRX** Nazza
- 15:00 **Calisthenics** Andrea
- 16:00 **Functional Boxe** Massi