



MOBILITA RIEDUCA *Gym*



PROGRAMMA CORSI

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
9:00-9:45 Ginnastica dolce e Tai chi	9:00-9:45 Pilates e Mobility	9:00-9:45 Yoga	9:00-9:45 Pilates e Mobility	9:00-9:45 Pilates e Mobility
10:00-10:45 Ginnastica Posturale	10:00-10:45 Total Body	10:00-10:45 Ginnastica Posturale	10:00-10:45 Total Body	10:00-10:45 Ginnastica Posturale
12:45-13:30 Total Body	14:30-15:15 Ginnastica dolce	12:45-13:30 Total Body	14:30-15:15 Ginnastica dolce	12:45-13:30 Total Body
16:30-17:30 Yoga Bambini	16:30-17:15 Gioco Danza	16:30-17:15 Danza Classica	16:30-17:15 Attività psicomotoria	16:30-17:15 Gio's Jumping Kids
17:30-18:30 Yoga in gravidanza	17:30-18:15 Pilates e Mobility	17:30-18:15 Danza Moderna	17:30-18:15 Pilates e Mobility	17:45-18:30 Pilajump
18:30-19:15 Body Strong	18:30-19:15 Tai chi	18:30-19:15 Body Strong	18:30-19:15 Tai chi	18:30-19:15 Body Strong "Tabata"
19:30-20:15 Ginnastica Posturale	19:30-20:15 Pilates e Mobility	19:30-20:15 Ginnastica Posturale	19:30-20:15 Pilates e Mobility	19:30-20:15 Yoga
20:15-21:00 Gio's Jumping	20:15-21:00 Freestylar System	20:15-21:00 Gio's Jumping	20:15-21:00 Zumba	MASTER CLASS A SORPRESA!!!

CONTATTI

INFO E PRENOTAZIONI

Cellulare: +393206638417

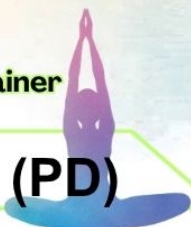
Mail: mobilitaerieducagymssd@gmail.com

www.mobilitaerieducagym.it

SABATO MATTINA

9:30-10:15 Multiattività

Aperte prenotazioni per Personal Trainer



VIA CONSELVANA 127 - MASERÀ DI PADOVA (PD)