

FITNESS COURSES

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.30 am	Pilates for cervical well-being	Mat stretching total body	Pilates for lower back well being	Active stretching total body	Pilates for mobility	Standing Pilates
11.15 am		BASIC step (solo 7 posti)		Acquagym		
03.00 pm	Intervaltraining no equipment	Intervaltraining with equipment	Interval training no equipment	Intervaltraining with equipment	Interval training no equipment	Intervaltraining with equipmant
05.00 pm	Mat pilates full body	Mat pilates focus upper body	Mat pilates focus abs	Mat pilates focus legs and glutes	Mat pilates cardio and core	Mat pilates full body Intermediate

SPECIAL CLASS

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Reservations are appreciated for the 11.15 am Special Classes.



BAIA DEL SOLE

CHIC CALABRIA