

# WELAB

sport & wellness

PLAN ORARIO

ORARIO	LUN	MAR	MER	GIO	VEN
9.00-10.00		POSTURALE		POSTURALE	
11.30-12.30		TOTAL BODY		TOTAL BODY	
15.00-16.00		HIP-HOP		HIP-HOP	
16.00-17.00	SENIOR	JUNIOR CROSS		JUNIOR CROSS	SENIOR
17.00-18.00	POWER PUMP	KIDS		KIDS	POWER PUMP
18.00-19.30	KARATE	GINNASTICA RITMICA		GINNASTICA RITMICA	KARATE
19.30-20.30 (21)	PILATES	KICK BOXING		KICK BOXING	PILATES

## SALA CARDIO

ORARIO	LUN	MAR	MER	GIO	VEN
	8.30 - 12.30	8.30 - 12.30	8.30 - 12.30	8.30 - 12.30	8.30 - 12.30
	15.00 - 20.00	15.00 - 20.00	15.00 - 20.00	15.00 - 20.00	15.00 - 20.00