

FIT STAR STUDIO - IL LABORATORIO DEL MOVIMENTO

PROGRAMMA

DURATA DELLE LEZIONI: 50 MINUTI

DAL 01/07 AL 25/07
& DAL 1/09 AL 30/09

2025



LUN

18.00

PILATES
MATWORK /
TOTAL BARRE

19.00

WORK OUT
H.I.

20.00

PILATES
MATWORK

MAR

7.00

PILATES
MATWORK

8.00

PILATES
MATWORK

10.00

PILATES
MATWORK /
TOTAL BARRE

13.00

PILATES
MATWORK /
TOTAL BARRE

18.30

PILATES
MATWORK

19.30

PILATES
MATWORK

MER

18.00

PILATES
MATWORK

19.00

WORK OUT
H.I.

20.00

PILATES
MATWORK /
TOTAL BARRE

GIO

7.00

PILATES
MACCHINARI

8.00

PILATES
MATWORK

10.00

PILATES
MATWORK

13.00

WORK OUT
H.I.

17.30

PILATES
MATWORK

18.30

PILATES
MACCHINARI

19.30

PILATES
MATWORK /
TOTAL BARRE

VEN

13.00

PILATES
MATWORK

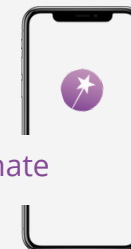
18.00

PILATES
MATWORK

SAB

SPECIAL
CLASS

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le date programmate



FITSTAR
STUDIO

IL LABORATORIO DEL MOVIMENTO

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