

FIT STAR STUDIO - IL LABORATORIO DEL MOVIMENTO

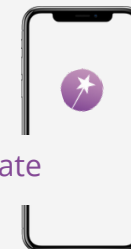
PROGRAMMA

DURATA DELLE LEZIONI: 50 MINUTI

FINO AL 30/06
2026



LUN	MAR	MER	GIO	VEN	SAB
17.00 PILATES MATWORK / INTRO PILATES MACCHINARI	7.00 PILATES MATWORK	17.00 INTRO PILATES MACCHINARI	7.00 PILATES MACCHINARI	13.00 PILATES MATWORK	SPECIAL CLASS / EVENTI
18.00 PILATES MATWORK / TOTAL BARRE	10.00 PILATES MATWORK	18.00 PILATES MATWORK	8.00 PILATES MATWORK	18.00 PILATES MATWORK	scopri sulla app le date programmate
19.00 PILATES MACCHINARI	13.00 PILATES MATWORK / TOTAL BARRE	19.00 WORK OUT H.I.	10.00 PILATES MATWORK		
20.00 PILATES MATWORK	18.30 PILATES MATWORK	20.00 PILATES MATWORK / TOTAL BARRE	13.00 PILATES MACCHINARI		
	19.30 PILATES MATWORK		17.30 PILATES MATWORK		
			18.30 PILATES MACCHINARI		
			19.30 PILATES MATWORK / TOTAL BARRE		



FITSTAR
STUDIO

IL LABORATORIO DEL MOVIMENTO

Via Cacciatori delle Alpi, 13,
20822 Seveso MB

+39 388 9825800