

# Programma corsi

Tutti i corsi sono su prenotazione. Scarica l'app My Wellness.

lunedì

SALA	7.00	30	45	8.00	30	45	9.00	15	30	45	10.00	15	30	45	11.00	15	30	45	12.00	15	30	45	13.00	15	30	45	14.00	15	30	45	15.00	15	30	45	16.00	15	30	45	17.00	15	30	45	18.00	15	30	45	19.00	15	30	45	20.00	15	30	45	21.00	15	30	45	22.00
STUDIO 1 body & mind							Hatha Yoga	Alex	Med. Mik																																																		
STUDIO 2 tone							BackSchool	Marina		Body Tone	Nicola	Pilates	Nicola				B. Tone	Nicola				Body Tone	Sara																																				
STUDIO 3 fit & fun																																																											
STUDIO 4 cycling																																																											
STUDIO 5 easy							Grit	Jacqueline		Zumba	Miguel						Grit	Jacqueline	Mobility	Lorenzo																																							

martedì

STUDIO 1 body & mind							Pilates	Alex	Vinyasa Yoga	Alex						Yoga	Alex																						
STUDIO 2 tone																																							
STUDIO 3 fit & fun																	G. Cycling	Duccio																					
STUDIO 4 cycling																																							
STUDIO 5 easy							Tabata	Barbara	Dance	Barbara	Body Tone	Barbara				Yoga	Naveeta	Alignment Y. Lorenzo		Pilates	Concetta	Med. Mik																	

mercoledì

STUDIO 1 body & mind																																						
STUDIO 2 tone							Back School	Marina		Pilates	Nicola	Body Tone	Nicola																									
STUDIO 3 fit & fun																	H.E.A.T. Duccio																					
STUDIO 4 cycling																																						
STUDIO 5 easy							Body Tone	Giorgio	Functional	Giorgio	Dance	Giorgio				Circuit	Sara																					

giovedì

STUDIO 1 body & mind																																						
STUDIO 2 tone																																						
STUDIO 3 fit & fun																	G. Cycling	Duccio																				
STUDIO 4 cycling																	Zumba	Elena	TRX	Nicola																		
STUDIO 5 easy																	Step	Barbara	Body Tone	Barbara	B. Pump	Alessandro	Circuit	Barbara														

sabato

STUDIO 1 body & mind																																						
STUDIO 2 tone																																						
STUDIO 3 fit & fun																																						
STUDIO 4 cycling																																						
STUDIO 5 easy																																						

domenica

STUDIO 1 body & mind																																						
STUDIO 2 tone																																						
STUDIO 3 fit & fun																																						
STUDIO 4 cycling																																						
STUDIO 5 easy																																						

**planet**  
wellnessvillage.ch

Via Senago 17/a, 6912 Pazzallo Tel +41 091 994 74 84  
www.wellnessvillage.ch info@wellnessvillage.ch

La Direzione si riserva la possibilità di effettuare modifiche nel corso della stagione.

