

ANTIGRAVITY® YOGA PROGRAMMA RICONOSCIUTO DA FITEDUCATION CLASS



• Padiglione D5/B5 • Zona WE CAN FLY

GIOVEDÌ 28 MAGGIO

| | |
|-------------|------------------------|
| 11.30-12.15 | AG® FUN |
| 12.15-13.00 | AG® AERIAL YOGA |
| 13.00-13.45 | AG® RESTORE |
| 13.45-14.15 | LUNCH BREAK |
| 14.15-15.00 | AG® FUN |
| 15.00-15.45 | AG® SUSPENSION FITNESS |
| 15.45-16.30 | AG® FUN |
| 16.30-17.15 | AG® AERIAL YOGA |
| 17.15-18.00 | AG® PILATES |
| 18.00-18.45 | AG® RESTORE |

SABATO 30 MAGGIO

| | |
|-------------|------------------------|
| 09.30-10.15 | AG® SUSPENSION FITNESS |
| 10.15-11.00 | AG® AERIAL YOGA |
| 11.00-11.45 | AG® SUSPENSION FITNESS |
| 11.45-12.30 | AG® PILATES |
| 12.30-13.15 | AG® RESTORE |
| 13.15-14.00 | AG® FUN |
| 14.00-14.30 | LUNCH BREAK |
| 14.30-15.15 | AG® PILATES |
| 15.15-16.00 | AG® SUSPENSION FITNESS |
| 16.00-16.45 | AG® AERIAL YOGA |
| 16.45-17.30 | AG® AIRBARRE |
| 17.30-18.15 | AG® SUSPENSION FITNESS |
| 18.15-18.45 | AG® AERIAL YOGA |

VENERDÌ 29 MAGGIO

| | |
|-------------|------------------------|
| 10.00-10.45 | AG® SUSPENSION FITNESS |
| 10.45-11.30 | AG® AERIAL YOGA |
| 11.30-12.15 | AG® SUSPENSION FITNESS |
| 12.15-13.00 | AG® RESTORE |
| 13.00-13.45 | AG® PILATES |
| 13.45-14.15 | LUNCH BREAK |
| 14.15-15.00 | AG® SUSPENSION FITNESS |
| 15.00-15.45 | AG® AIRBARRE |
| 15.45-16.30 | AG® FUN |
| 16.30-17.15 | AG® AERIAL YOGA |
| 17.15-18.00 | AG® SUSPENSION FITNESS |
| 18.00-18.30 | AG® MINDFULNESS |

DOMENICA 31 MAGGIO

| | |
|-------------|------------------------|
| 09.30-10.15 | AG® SUSPENSION FITNESS |
| 10.15-11.00 | AG® AERIAL YOGA |
| 11.00-11.45 | AG® SUSPENSION FITNESS |
| 11.45-12.30 | AG® RESTORE |
| 12.30-13.15 | AG® FUN |
| 13.15-14.00 | AG® AERIAL YOGA |
| 14.00-14.45 | LUNCH BREAK |
| 14.45-15.30 | AG® PILATES |
| 15.30-16.15 | AG® FUN |
| 16.15-17.00 | AG® MINDFULNESS |

