



# ORARIO CORSI

LUNEDI MARTEDI MERCOLEDI GIOVEDI VENERDI

9.30 pilates toys pilates toys pilates toys

13.30 cardio tone lady GAG step tonic fit

[www.fit-village.com](http://www.fit-village.com)

18.00 gym & tonic

18.30 rommel step in the city step&tone balance workout

19.00 gag

19.30 rommel dance gag total body gas