

ANTIGRAVITY® YOGA CLASS

PROGRAMMA RICONOSCIUTO DA FITEDUCATION



• Padiglione D5/B5 • Zona WE CAN FLY

GIOVEDÌ 29 MAGGIO

11.30-12.15	AG® SUSPENSION FITNESS
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® AIRBARRE
16.30-17.15	AG® SUSPENSION FITNESS
17.15-18.00	AG® PILATES
18.00-18.45	AG® RESTORE

SABATO 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® PILATES
12.30-13.15	AG® RESTORE
13.15-14.00	AG® FUN
14.00-14.30	BREAK
14.30-15.15	AG® MINDFULNESS
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 30 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	BREAK
14.15-15.00	AG® SUSPENSION FITNESS
15.00-15.45	AG® AERIAL YOGA
15.45-16.30	AG® FUN
16.30-17.15	AG® AIRBARRE
17.15-18.00	AG® SUSPENSION FITNESS
18.00-18.30	AG® MINDFULNESS

DOMENICA 01 GIUGNO

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® AIRBARRE
13.15-14.00	AG® AERIAL YOGA
14.00-14.45	SHOW CASE AERIAL
14.45-15.30	AG® PILATES
15.30-16.15	AG® FUN
16.15-17.00	AG® SUSPENSION FITNESS
17.00-17.30	AG® MINDFULNESS

