

RevolutionGym

	L U N	M A R	M E R	G I O	V E N
9 . 0 0	Ginnastica Mattutina	Posturale	Ginnastica Mattutina	Posturale Dinamico	Ginnastica Mattutina
1 3 . 4 5					
1 6 . 3 0					
1 8 . 0 0		Tabata Training			TotalBody
1 8 . 4 0	Spinning			Spinning	
1 9 . 0 0			TotalBody		
1 9 . 3 0	GAG			JustPump	Tabata Training

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