



SirO[®] FITNESS

NUOVI CORSI
AUTUNNO INVERNO
2011/2012

ABDOMINAL KILLER

AIKIDO

THAI FIT

GINNASTICA BIMBI

PILATES

YOGA

TOTAL BODY

SPINNING

SALSA BIMBI

SALSA CUBANA

KARATE

SALSA

KARATE BIMBI

IAIDO

SALA ATTREZZI