

# PLANNING CORSI dal 8 Ottobre 2018

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8.00 (55') YOGA Ilaria				8,30 (55') YOGA Ilaria	 10.00 (25') TONE UP	 POSTURAL TRAINING   10.00 (55') PILATES
9.00 (45') POSTURAL TRAINING Barbara	09.00 (25') ADBOMINAL Sabrina	9.00 (75') YOGA Ilaria	9.00 (45') PILATES Fabio	9,30 (45') POSTURAL TRAINING Tiziana	 10.30 (25') G.G.	
9.45 (45') PILATES Barbara	9.30 (55') TOTAL BODY Sabrina		9.45 (45') POSTURAL TRAINING Fabio			
10.30 (55') CARDIO TONE Barbara	10.30 (55') FLEX ZONE Sabrina	10.15 (55') GAG Barbara	10.30 (45') TOTAL BODY kekko	10,15 (55') COREO 4 FUN Tiziana	 11.00 (25') ABDOMINAL	 11.00 (25') TONE UP
11.30 (25') G.G. Barbara	11.30 (25') TONE 360 Sabrina	11.15 (45') FITBALL CLASS Barbara	11.15 (45') ORIGINAL STEP kekko		 11.30 (55') SPECIAL CLASS	 11.30 (25') G.G.
12.30 (25') ABDOMINAL Marco	12.30 (25') G.G. Joan	12.30 (25') TONE UP Barbara	12.30 (25') CARDIO TONE kekko	12.30 (25') PILATEXPRESS Barbara		 12.00 (25') ABDOMINAL
13.00 (55') FUNCTIONAL TRAINING Marco	13.00 (25') ABDOMINAL Joan	13.00 (25') STEP & TONE Barbara	13.00 (25') G.G. kekko	13.00 (25') TOTAL BODY Barbara	   <b>treforclub</b> FITNESS & RELAX	
	13.30 (25') PILATEXPRESS Joan	13.30 (25') FLOOR GAG Barbara	13.30 (25') ABDOMINAL kekko	13.30 (25') TONE 360 Barbara		
15.00 (55') TOTAL BODY Marco	15,00 (55') CARDIO TONE Joan	15.00 (55') GAG Barbara	15.00 (55') ORIGINAL STEP kekko	15.00 (55') TOTAL BODY Ingrid		
16.00 (45') PILATES Barbara		16.00 (45') FITBALL CLASS Barbara	16.00 (55') PILATES kekko	16.00 (55') G.A.G. Ingrid		
18.00 (55') SUPER JUMP Sara	18.00 (25') G.G. Ingrid	18.00 (25') TONE 360 Kekko	18.00 (25') ABDOMINAL Antonella	17.45 (25') TONE UP Ingrid		<b>ORARI PALESTRA:</b> Da Lun. a Giov: 7.00 - 22.30 Venerdì 7.00 - 21.00 Sabato e Domenica 9.00 - 20.00 (tutti i servizi termineranno mezz'ora prima della chiusura del club) <b>ORARI RECEPTION:</b> Da Lun. a Ven: 9.00 - 20.00 Sabato e Domenica 10.00 - 18.00
19.00 (55') JAZZERCISE Sara	18.30 (25') ABDOMINAL Ingrid	18.30 (45') ORIGINAL STEP Kekko	18.30 (45') FUNCTIONAL TRAINING Antonella	18.15 (25') G.A.G. Ingrid		
	19.00 (55') FAT KILLER Ingrid	19.15 (45') TOTAL BODY Kekko	19.15 (45') CARDIO TONE Antonella			
20.00 (55') FIT CROSS Beppe	20.00 (55') TOTAL BODY Ingrid	20.00 (55') PILATES Kekko	20.00 (55') FIT CROSS Beppe	18.45 (75') YOGA Carola	 <b>dal 24 al 30 dicembre</b>	

# Planning CORSI dal 24 Dicembre al 30 Dicembre

LUNEDI 24	MARTEDI 25	MERCOLEDI 26	GIOVEDI 27	VENERDI 28	SABATO 29	DOMENICA 30	
 <b>10.30 (55') TOTAL BODY</b> Marco	<h1>Buon Natale e Santo Stefano</h1>		<b>10.00 (55') PILATES</b> Kekko	<b>8,30 (55') YOGA</b> Carola	 <b>10.00 (25') TONE UP</b>	 <b>POSTURAL TRAINING</b>	
					 <b>10.30 (25') G.G.</b>		<b>10.00 (55') PILATES</b>
			<b>11.00 (55') TOTAL BODY</b> kekko		<b>10,00 (55') COREO 4 FUN</b> Tiziana	 <b>11.00 (25') ABDOMINAL</b>	 <b>11.00 (25') TONE UP</b>
<b>12.30 (25') ABDOMINAL</b> Marco				<b>12.30 (25') CARDIO TONE</b> kekko	<b>12.30 (25') PILATEXPRESS</b> Barbara	 <b>11.30 (55') SPECIAL CLASS</b>	 <b>11.30 (25') G.G.</b>
<b>13.00 (25') FUNCTIONAL TRAINING</b> Marco				<b>13.00 (25') G.G.</b> kekko	<b>13.00 (25') TOTAL BODY</b> Barbara	 <b>treforclub</b> FITNESS & RELAX	
				<b>13.30 (25') ABDOMINAL</b> kekko	<b>13.30 (25') TONE 360</b> Barbara		
				<b>15.00 (55') PILATES</b> kekko	<b>15.00 (55') TOTAL BODY</b> Ingrid		
 							
				<b>18.30 (45') FUNCTIONAL TRAINING</b> Barbara	<b>17.45 (25') TONE UP</b> Ingrid	 	
				<b>19.15 (45') CARDIO TONE</b> Barbara	<b>18.15 (25') G.A.G.</b> Ingrid		
 							
			<b>20.00 (55') FIT CROSS</b> Beppe	<b>18.45 (75') YOGA</b> Carola	<b>dal 31 dicembre al 6 gennaio</b>		

# Planning CORSI dal 31 Dicembre al 6 Gennaio

LUNEDI 31

MARTEDI 1


MERCOLEDI 2

GIOVEDI 3

VENERDI 4

SABATO 5

DOMENICA 6

10.30 (55') TOTAL BODY Barbara	<b>B U O N A N O N O</b>	09.30 (55') PILATES Barbara	10.00 (55') PILATES Fabio	8,30 (55') YOGA Ilaria	10.00 (25') TONE UP	POSTURAL TRAINING	
				10,00 (55') COREO 4 FUN Tiziana	10.30 (25') G.G.		10.00 (55') PILATES
		11.00 (55') G.A.G. Barbara	11.00 (55') TOTAL BODY kekko		11.00 (25') ABDOMINAL	11.00 (25') TONE UP	
					11.30 (55') SPECIAL CLASS	11.30 (25') G.G.	
12.30 (25') ABDOMINAL Barbara		12.30 (25') TONE UP Barbara	12.30 (25') CARDIO TONE kekko	12.30 (25') PILATEXPRESS Barbara		12.00 (25') ABDOMINAL	
13.00 (25') FUNCTIONAL TRAINING Barbara		13.00 (25') STEP & TONE Barbara	13.00 (25') G.G. kekko	13.00 (25') TOTAL BODY Barbara	 <b>HAPPY NEW YEAR</b>  		
		13.30 (25') FLOOR GAG Barbara	13.30 (25') ABDOMINAL kekko	13.30 (25') TONE 360 Barbara			
		15.00 (55') FIT BALL CLASS Barbara	15.00 (55') PILATES kekko	15.00 (55') TOTAL BODY Ingrid			
			18.30 (45') ORIGINAL STEP kekko	18.30 (45') FUNCTIONAL TRAINING Antonella	17.45 (25') TONE UP Ingrid	 <b>GENNAIO</b>	
		19.15 (45') TOTAL BODY Kekko	19.15 (45') CARDIO TONE Antonella	18.15 (25') G.A.G. Ingrid			
	20.00 (55') PILATES kekko	20.00 (55') FIT CROSS Beppe	18.45 (75') YOGA Ilaria				