

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		 11.00 (25') ABDOMINAL	 11.00 (25') TONE UP
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	 11.30 (55') SPECIAL CLASS	 11.30 (25') G.G.
11.30 (25') G.G. Barbara	11.30 (25') TONE 360 Sabrina	11.15 (45') FITBALL CLASS Barbara	11.15 (45') ORIGINAL STEP kekko			 12.00 (25') ABDOMINAL
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		
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	  treforclub 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	ORARI PALESTRA: 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)	
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	Qualora un corso registri ripetutamente un numero inferiore a 5, la Direzione ne potrà disporre la sospensione. Per ogni corso, obbligo di ritiro PASS alla reception.	