

PLANNING CORSI 2019

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
DIURNO	9,30 - (30') PILATES BASE <i>Chiara</i>	9,30 - (45') ZUMBA <i>Irina</i>	9,30 - (45') G. A. G. <i>Sandra</i>	9,30 - (60') LATIN FITNESS <i>Elisa</i>	9,30 - (60') YOGA <i>Barbara</i>
	10,00 - (60') PILATES AVANZATO <i>Chiara</i>	10,15 - (45') CIRCUIT TRAINING <i>Irina</i>	10,15 - (45') UPPER BODY <i>Sandra</i>	10,30 - (60') BACK SCHOOL <i>Manuel</i>	
	12,45 - (60') PUMP UP <i>Irina</i>	12,45 - (60') POSTURAL PILATES <i>Manuel</i>	12,45 - (30') ADDOMINALI <i>Fabio</i>	12,45 - (45') G. A. G. <i>Irina</i>	12,45 - (45') CARDIO BOXE <i>Irina</i>

KIDS 16,00 - (60')
Vovinam VIET VO DAO
11/13 anni

KIDS 16,45 - (45')
PSICOMOTRICITA'
3/5 anni

KIDS 16,00 - (60')
Vovinam VIET VO DAO
11/13 anni

KIDS 17,00 - (60')
Vovinam VIET VO DAO
6/11 anni

KIDS 17,00 - (60')
Vovinam VIET VO DAO
6/11 anni

SERALE	18,15 - (30') ADDOMINALI <i>Fabio</i>	18,30 - (45') G. A. G. <i>Giò</i>	18,15 - (30') SUPER ABDOMINAL <i>Giò</i>	18,45 - (45') POSTURAL STRETCHING <i>Francesco</i>	18,30 - (30') CARDIO BOXE <i>Irina</i>
	18,45 - (60') ZUMBA <i>Federico</i>	18,45 - (60') New YOGA DINAMICO <i>Roberta</i> ★	18,45 - (45') SUPER JUMP <i>Giò</i>	19,00 - (45') GRAVITY TRAINING <i>Fabio</i> ★	19,00 - (30') ADDOMINALI <i>Irina</i>
	18,45 - (45') SMALL GROUP GRAVITY POSTURAL <i>Fabio</i> ★ New	19,15 - (60') CROSSFIT <i>Giorgio</i>	19,00 - (45') SMALL GROUP METABOLIC <i>Francesco</i> ★ New	19,30 - (60') POWER TONE <i>Irina</i>	19,30 - (60') CROSSFIT <i>Giorgio</i>
	19,45 - (60') FUNCTIONAL TRAINING <i>Federico</i>	20,15 - (30') STRETCHING <i>Giorgio</i>	19,30 - (45') TOTAL BODY <i>Giò</i>	19,30 - (60') New YOGA DINAMICO <i>Roberta</i> ★	

POSTURAL

CONDITIONING

CARDIO & FUN

SMALL GROUP

★ corsi area soppalco

ORARI RECEPTION

lun-ven 9,00 - 21,00
sabato 9,00 - 20,00
domenica 9,00 - 19,30

ORARI PALESTRA

lun-gio 8,00 - 22,00
venerdi 8,00 - 21,30
sabato 9,00 - 19,30
domenica 9,00 - 19,00



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FITNESS & RELAX