

Planning Corsi dal 3 Febbraio 2020

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA	
8.00 (55') YOGA Ilaria				8,30 (55') YOGA Ilaria	 10.00 (25') TONE UP	 POSTURAL TRAINING	
9.00 (45') POSTURAL TRAINING Barbara	9.30 (55') TOTAL BODY Sabrina	9.00 (75') YOGA Ilaria	9.00 (45') PILATES Fabio	9,30 (45') COREO 4 FUN Tiziana	 10.30 (25') G.G.		10.00 (55') PILATES
9.45 (45') PILATES Barbara			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') Tiziana	 11.00 (25') ABDOMINAL	 11.00 (25') TONE UP	
11.30 (25') JUMP & TONE Barbara	11.30 (25') ABDOMINAL 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 Beppe	12.30 (25') G.G. Anna	12.30 (25') TONE UP Barbara	12.30 (25') CARDIO TONE kekko	12.30 (25') PILATEXPRESS Barbara		 12.00 (25') ABDOMINAL	
13.00 (55') Beppe	13.00 (25') TONE UP Anna	13.00 (25') STEP & TONE Barbara	13.00 (25') ABDOMINAL kekko	13.00 (25') TOTAL BODY Barbara			
	13.30 (25') ABDOMINAL Anna	13.30 (25') FLOOR GAG Barbara	13.30 (25') G.G. kekko	13.30 (25') TONE 360 Barbara			
15.00 (55') Beppe 	15,00 (55') CARDIO TONE Anna	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 (25') ABDOMINAL Kekko	18.00 (25') G.G. Ingrid	18.00 (25') TONE 360 Kekko	18.00 (25') ABDOMINAL Patricia 	17.45 (25') TONE UP Ingrid	<p>ORARI PALESTRA: Da Lun. a Giov: 7.00 - 22.30 Venerdi 7.00 - 21.00 Sabato e Domenica 9.00 - 20.00 (tutti i servizi termineranno mezz'ora prima della chiusura del club)</p> <p>ORARI RECEPTION: Da Lun. a Gio: 8.00 - 21.00 Ven: 8.00 - 20.00 Sabato e Domenica 10.00 - 18.00</p>		
18.30 (45') TOTAL BODY Kekko	18.30 (25') ABDOMINAL Ingrid	18.30 (45') ORIGINAL STEP Kekko	18.30 (45') STEP FUNCTIONAL Patricia 	18.15 (25') G.A.G. Ingrid			
19.15 (45') PILATES Kekko	19.00 (55') FAT KILLER Ingrid	19.15 (45') TOTAL BODY Kekko	19.15 (45') CARDIO TONE Patricia				
20.00 (55') FIT CROSS Beppe	20.00 (55') TOTAL BODY Ingrid	20.00 (55') PILATES Kekko	20.00 (55') 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.		

Planning Corsi dal 9 marzo 2020

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
8.00 (55') YOGA Ilaria				8,30 (55') YOGA Ilaria	 10.00 (25') TONE UP	
9.00 (45') POSTURAL TRAINING Barbara	9.30 (55') TOTAL BODY Sabrina	9.00 (75') YOGA Ilaria	9.00 (45') PILATES Fabio	9,30 (45') COREO 4 FUN Tiziana	 10.30 (25') G.G.	
9.45 (45') PILATES Barbara			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') Tiziana	 11.00 (25') ABDOMINAL	 11.00 (25') TONE UP
11.30 (25') JUMP & TONE Barbara	11.30 (25') ABDOMINAL 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 Anna	12.30 (25') G.G. Anna	12.30 (25') TONE UP Barbara	12.30 (25') CARDIO TONE kekko	12.30 (25') PILATEXPRESS Barbara		 12.00 (25') ABDOMINAL
13.00 (25') G.G. Anna	13.00 (25') TONE UP Anna	13.00 (25') STEP & TONE Barbara	13.00 (25') ABDOMINAL kekko	13.00 (25') TOTAL BODY Barbara		
13.30 (25') ABDOMINAL Anna	13.30 (25') ABDOMINAL Anna	13.30 (25') FLOOR GAG Barbara	13.30 (25') G.G. kekko	13.30 (25') TONE 360 Barbara		
15.00 (55') Beppe 	15,00 (55') CARDIO TONE Anna	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 (25') ABDOMINAL Kekko	18.00 (25') G.G. Ingrid	18.00 (25') TONE 360 Kekko	18.00 (25') ABDOMINAL Patricia	17.45 (25') TONE UP Ingrid		<p>ORARI PALESTRA: Da Lun. a Giov: 7.00 - 22.30 Venerdi 7.00 - 21.00 Sabato e Domenica 9.00 - 20.00 (tutti i servizi termineranno mezz'ora prima della chiusura del club)</p> <p>ORARI RECEPTION: Da Lun. a Gio: 8.00 - 21.00 Ven: 8.00 - 20.00 Sabato e Domenica 10.00 - 18.00</p>
18.30 (45') TOTAL BODY Kekko	18.30 (25') ABDOMINAL Ingrid	18.30 (45') ORIGINAL STEP Kekko	18.30 (45') STEP FUNCTIONAL Patricia	18.15 (25') G.A.G. Ingrid		
19.15 (45') PILATES Kekko	19.00 (55') FAT KILLER Ingrid	19.15 (45') TOTAL BODY Kekko	19.15 (45') CARDIO TONE Patricia			
20.00 (55') FIT CROSS Beppe	20.00 (55') TOTAL BODY Ingrid	20.00 (55') PILATES Kekko	20.00 (55') 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.	