# Planning corsi dal 2 al 8 AGOSTO

| LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO | DOMENICA |
|---|---|---|---|---|---|---|
| 10.00 (55')<br>CARDIO TONE<br>Barbara | 10.00 (55')<br>POSTURAL FLEX<br>Patricia | 10.00 (55')<br>GAG<br>Barbara | 10.00 (55')<br>FULL BODY<br>Barbara | 10.00 (55')<br>COREO 4 FUN<br>Tiziana | 10.00 (25')<br>TONE UP | POSTURAL TRAINING<br>10.00 (55')<br>PILATES |
| 12.30 (25')<br>SIX PACK<br>Barbara | 12.30 (25')<br>SUPER BOOTY<br>Patricia | 12.30 (25')<br>TONE UP<br>Barbara | 12.30 (25')<br>CIRCUIT TRAINING<br>Barbara | 12.30 (25')<br>PILATEXPRESS<br>Barbara | 10.45 (25')<br>SUPER BOOTY | |
| 13.15 (45')<br>SUPER BOOTY<br>Barbara | 13.15 (45')<br>FAT BURNER<br>Patricia | 13.15 (45')<br>CARDIO TONE<br>Barbara | 13.15 (45')<br>G.A.G.<br>Barbara | 13.15 (45')<br>FULL BODY<br>Barbara | 11.30 (55')<br>SPECIAL CLASS | 11.15 (25')<br>SUPER BOOTY |
| 15.00 (55')<br>FULL BODY<br>Barbara | 15.00 (55')<br>CARDIO TONE<br>Beppe | 15.00 (55')<br>G.A.G.<br>Barbara | 15.00 (55')<br>PILATES<br>Barbara | 15.30 (55')<br>G.A.G.<br>Ingrid | | 12.00 (25')<br>SIX PACK |
| 18.30 (25')<br>SIX PACK<br>Barbara | 18.30 (25')<br>SUPER BOOTY.<br>Ingrid | 18.30 (25')<br>FUNCTIONAL TRAINING<br>Tiziana | 18.30 (25')<br>TONE UP<br>Patricia | 17.30 (55')<br>FULL BODY<br>Ingrid | treforclub FITNESS & RELAX | |
| 19.00 (55')<br>FULL BODY<br>Barbara | 19.00 (55')<br>FAT BURNER<br>Ingrid | 19.00 (55')<br>G.A.G.<br>Tiziana | 19.00 (55')<br>CARDIO TONE<br>Patricia | | buone vacanze! | |
| | 20.00 (55')<br>FUNCTIONAL TRAINING<br>Carmen | 20.00 (55')<br>POSTURAL FLEX<br>Tiziana | 20.00 (55')<br>FIT CROSS<br>Carmen | | | |