

Planning Corsi dal 12 Luglio 2021

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA		
					NOI			
9.00 (50') PILATES Fabio	9.30 (50') FULL BODY Patricia		9.00 (50') PILATES Barbara	9.30 (50') COREO 4 FUN Tiziana			 10.00 (25') TONE UP	 POSTURAL TRAINING
10.00 (50') CARDIO TONE Barbara			10.00 (50') FULL BODY Barbara					
	10.30 (50') POSTURAL FLEX Patricia	10.30 (55') GAG Barbara					 11.30 (55') SPECIAL CLASS	
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') FUNCTIONAL TRAINING Teo	12.30 (25') PILATEXPRESS Barbara		 12.00 (25') SIX PACK		
13.15 (45') SUPER BOOTY Barbara	13.15 (45') FAT BURNER Patricia	13.15 (45') CARDIO TONE Barbara	13.15 (45') STEP & TONE Teo	13.15 (45') TOTAL BODY Barbara				
15.00 (50') CARDIO TONE Barbara	15.30 (50') FUNCTIONAL TRAINING Beppe	15.00 (50') GAG Barbara	15.30 (50') PILATES Teo					
16.00 (50') PILATES Barbara							16.00 (50') FULL BODY Ingrid	
18.30 (25') SIX PACK Teo	18.30 (25') SUPER BOOTY Ingrid	18.30 (25') FUNCTIONAL TRAINING Tiziana	18.30 (25') TONE UP Patricia	17.15 (25') HIIT Ingrid	E VOI?			
19.00 (50') FULL BODY Teo	19.00 (50') FAT BURNER Ingrid	19.00 (50') G.A.G. Tiziana	19.00 (50') CARDIO TONE Patricia	18.00 (25') SIX PACK Ingrid				
20.00 (55') PILATES Teo	20.00 (55') FUNCTIONAL TRAINING Carmen	20.00 (55') CARDIO TONE Tiziana	20.00 (55') FIT CROSS Carmen	18.45 (75') YOGA Giovanna				

SIAMO CARICHI !

Planning corsi dal 2 al 8 AGOSTO

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

SPECIAL CLASS LUGLIO 2021

SABATO	3	TEO	ORIGINAL STEP
DOMENICA	4	PATRICIA	POSTURAL FLEX
SABATO	10	TEO	FAT BURNER
DOMENICA	11	TIZIANA	POSTURAL TRAINING
SABATO	17	ELEONORA	CARDIO TONE
DOMENICA	18	TIZIANA	POSTURAL FLEX
SABATO	24	INGRID	FULL BODY
DOMENICA	25	TIZIANA	STRECH & TONE
SABATO	31	TEO	ORIGINAL STEP