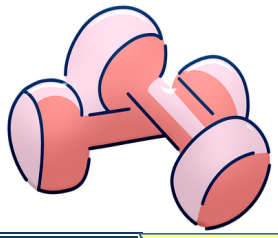
Planning corsi dal 6 Settembre 2021

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 (50') PILATES Fabio	treforclub FITNESS & RELAX			9.30 (50') COREO 4 FUN Tiziana		
	9.30 (50') FULL BODY Patricia	9.00 (75') YOGA Ilaria	9.00 (50') PILATES Barbara			
10.00 (50') CARDIO TONE Barbara			10.00 (50') TOTAL BODY Teo		10.00 (25') TONE UP	POSTURAL TRAINING 10.0055') PILATES
11.00 (50') FULL BODY Barbara	10.30 (50') POSTURAL FLEX Patricia	10.30 (55') GAG Barbara	11.00 (50') ORIGINAL STEP Teo	10.30 (50') TONE & STRECH Tiziana	10.45 (25') SUPER BOOTY	
mantenIamo la forma dell'estate?					11.30 (55') SPECIAL CLASS	11.15 (25') SUPER BOOTY
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') CIRCUIT 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') EASY AEROBIC Teo	13.15 (45') FULL BODY Barbara	e allora via..	
15.00 (50') CARDIO TONE Barbara	15,30 (50') CIRCUIT TRAINING Beppe	15.00 (50') GAG Barbara	15.00 (50') ORIGINAL STEP Teo	16.00 (50') FULL BODY Ingrid		
16.00 (50') PILATES Barbara		16.00 (50') FITBALL CLASS Barbara	16.00 (50') PILATES Teo			
18.00 (50') ORIGINAL STEP Teo	18.00 (50') PUMP & SHAPE Ingrid	18.00 (50') FULL BODY Tiziana	18.00 (50') RITMOS Patricia	17.15 (25') HIIT Ingrid	SI PARTE !	
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 Carola	treforclub FITNESS & RELAX	