

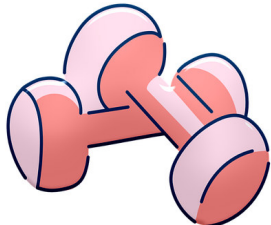








Planning corsi dal 6 Settembre 2021

| LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO | DOMENICA |
|--|---|---|---|--|--|---|
| 9.00 (50') PILATES Fabio |  | |  | |  | |
| 10.00 (50') CARDIO TONE Barbara | 9.30 (50') FULL BODY Patricia | 9.00 (75') YOGA Ilaria | 9.00 (50') PILATES Barbara | 9.30 (50') COREO 4 FUN Tiziana | 10.00 (25') TONE UP |  POSTURAL TRAINING 10.00(55') PILATES |
| 11.00 (50') FULL BODY Barbara | 10.30 (50') POSTURAL FLEX Patricia | 10.30 (55') GAG Barbara | 10.00 (50') TOTAL BODY Teo | 11.00 (50') ORIGINAL STEP Teo | 10.30 (50') TONE & STRECH Tiziana | |
|  Manteniamo la forma dell'estate? | | | | | |  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') CIRCUIT TRAINING Teo | 12.30 (25') PILATEXPRESS Barbara | 11.15 (25') SUPER BOOTY | 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 |  | |



SPECIAL CLASS SETTEMBRE 2021

| | | | |
|-----------------|-----------|-----------------|--------------------------|
| SABATO | 4 | TEO | ORIGINAL STEP |
| DOMENICA | 5 | PATRICIA | POSTURAL FLEX |
| SABATO | 11 | TEO | FAT BURNER |
| DOMENICA | 12 | CECILIA | POSTURAL TRAINING |
| SABATO | 18 | PATRICIA | CARDIO TONE |
| DOMENICA | 19 | CECILIA | POSTURAL FLEX |
| SABATO | 25 | INGRID | FULL BODY |
| DOMENICA | 26 | CARMEN | POSTURAL TRAINING |