

Planning corsi dal 4 ottobre 2021

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 (50') PILATES Fabio	 9.30 (50') FULL BODY Patricia	 9.00 (75') YOGA Ilaria		9.30 (50') COREO 4 FUN Tiziana	 10.00 (25') TONE UP	 POSTURAL TRAINING 10.00 (55') PILATES
10.00 (50') CARDIO TONE Barbara		10.00 (50') TOTAL BODY Teo	10.00 (50') TOTAL BODY Teo	 10.00 (50') TOTAL BODY Teo		
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	 11.15 (25') SUPER BOOTY
<h2>Quale corso preferite?</h2>					 11.30 (55') SPECIAL CLASS	 12.00 (25') SIX PACK
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') ORIGINAL TONE Teo	12.30 (25') PILATEXPRESS Barbara	<p>Prenota la tua lezione in SALA CORSI con la nuova app My Appy, scaricala subito, rattica, facile e veloce! (attiva in reception la tua Username e Password)</p> 	
13.15 (45') SUPER BOOTY Barbara	13.15 (45') FAT BURNER Patricia	13.15 (45') CARDIO TONE Barbara	13.15 (45') CIRCUIT TRAINING Teo	13.15 (45') FULL BODY Barbara		
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/Cecilia	18.00 (50') RITMOS Patricia	17.15 (25') HIIT Ingrid		
19.00 (50') FULL BODY Teo	19.00 (50') FAT BURNER Ingrid	19.00 (50') G.A.G. Tiziana/Cecilia	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/Cecilia	20.00 (55') FIT CROSS Carmen	18.45 (75') YOGA Carola		



SPECIAL CLASS OTTOBRE 2021

SABATO 2
DOMENICA 3

CARMEN
PATRICIA

CIRCUIT TRAINING
POSTURAL FLEX

SABATO 9
DOMENICA 10

TEO
CECILIA

ORIGINAL STEP
POSTURAL TRAINING

SABATO 16
DOMENICA 17

TEO
CECILIA

CARDIO TONE
POSTURAL FLEX

SABATO 23
DOMENICA 24

CARMEN
ALFREDO

CIRCUIT TRAINING
PILATES

SABATO 30
DOMENICA 31

ELEONORA
TIZIANA

FULL BODY
POSTURAL TRAINING