

# PLANNING CORSI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
	*8.15 (50') PILATES VIRTUAL	*8.15 (30') RISVEGLIO MUSCOLARE VIRTUAL	*8.00 (50') EASY TONIC VIRTUAL	*CORSI VIRTUAL IN PALESTRA		
9.00 (50') PILATES Fabio	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') SUPER BOOTY	
10.00 (50') CARDIO TONE Barbara	10.30 (50') POSTURAL FLEX Patricia	10.30 (55') GAG Barbara	10.00 (50') FULL BODY Alda	10.30 (50') TONE & STRETCH Tiziana	 10.30 (50') SPECIAL CLASS	
11.00 (50') FITBALL CLASS Barbara			11.00 (50') PILATES TRAINING Alda		 11.00 (25') TONE UP	
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') ORIGINAL TONE Alda	12.30 (25') PILATEXPRESS Barbara	 11.30 (25') SIX PACK	
13.00 (25') SUPER BOOTY Barbara	13.00 (25') FAT BURNER Patricia	13.00 (25') STEP&TONE Barbara	13.00 (25') CIRCUIT TRAINING Alda	13.00 (25') FULL BODY Barbara	 11.30 (45') PILATES	
13.30 (25') TONE UP Barbara	13.30 (25') SIX PACK Patricia	13.30 (25') GAG FLOOR Barbara	13.30 (25') TONE UP Alda	13.30 (25') FLOOR TONE Barbara	Prenota la tua lezione in SALA CORSI con My Appy, scaricala subito, pratica, facile e veloce! (attiva in reception la tua Username e Password)	
*14.05 (25') ABS VIRTUAL	*14.05 (25') GLUTEI VIRTUAL	*14.05 (25') TABATA WORKOUT VIRTUAL	*14.05 (25') ABS VIRTUAL	*14.05 (25') GLUTEI VIRTUAL	*16.00 (50') GAG VIRTUAL	
15.00 (50') CARDIO TONE Barbara	*16.00 (50') TOTAL TONE VIRTUAL	15.00 (50') GAG Barbara	16.00 (50') PILATES Barbara	16.00 (50') FULL BODY Ingrid	*16.00 (50') ABS VIRTUAL	
16.00 (50') PILATES Barbara		16.00 (50') FITBALL CLASS Barbara			*17.00 (50') PUMP VIRTUAL	
*17.05 (50') GAG VIRTUAL	*17.00 (50') AERO DANCE VIRTUAL	*17.05 (50') ABS VIRTUAL	*17.05 (50') TOTAL TONE VIRTUAL	17.15 (25') HIIT Ingrid	*18.00 (50') AEROBICA LATINA VIRTUAL	
*18.00 (50') AERO DANCE VIRTUAL	18.30 (25') PUMP SHAPE Ingrid	*18.00 (50') TOTAL TONE VIRTUAL	18.30 (25') RITMOS Patricia	18.00 (25') SIX PACK Ingrid	*18.00 (50') KOMBAT VIRTUAL	
19.00 (45') FULL BODY Alda	19.00 (50') FAT BURNER Ingrid	19.00 (45') G.A.G. Alda	19.00 (50') CARDIO TONE Patricia	18.45 (75') YOGA Carola	*CORSI VIRTUAL ACCESSIBILI AL CLUB NON PRENOTABILI DALL'APP	
19.55 (45') PILATES TRAINING Alda	20.00 (50') FUNCTIONAL TRAINING Carmen	20.05 (45') KETTLEBELL TRAINING Andrea	20.00 (55') FIT CROSS Carmen			
*21.05 (50') GAG VIRTUAL	*21.05 (50') KOMBAT VIRTUAL	*21.05 (50') FUNZIONALE VIRTUAL	*21.05 (50') TOTAL TONE VIRTUAL			

E'  
IL TUO BENESSERE

DAL 13 GIUGNO 2022

# PLANNING CORSI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
	*8.15 (50') <b>PILATES VIRTUAL</b>	*8.15 (30') RISVEGLIO MUSCOLARE <b>VIRTUAL</b>	*8.00 (50') EASY TONIC <b>VIRTUAL</b>	<b>* CORSI VIRTUAL IN PALESTRA</b>		
	9.30 (50') FULL BODY Patricia	9.00 (75') YOGA Ilaria	9.00 (50') PILATES Barbara			
10.00 (50') CARDIO TONE Barbara	10.30 (50') POSTURAL FLEX Patricia	10.30 (55') GAG Barbara	10.00 (50') FULL BODY Alda	10.00 (50') TONE & STRETCH Tiziana	10.00 (25') SUPER BOOTY	POSTURAL TRAINING  10.00 (50') PILATES
			11.00 (50') PILATES TRAINING Alda		10.30 (50') SPECIAL CLASS	
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') ORIGINAL TONE Alda	12.30 (25') PILATEXPRESS Barbara	POSTURAL TRAINING  11.30 (45') PILATES	11.00 (25') TONE UP
13.00 (25') SUPER BOOTY Barbara	13.00 (25') FAT BURNER Patricia	13.00 (25') STEP&TONE Barbara	13.00 (25') CIRCUIT TRAINING Alda	13.00 (25') FULL BODY Barbara		11.30 (25') SIX PACK
13.30 (25') TONE UP Barbara	13.30 (25') SIX PACK Patricia	13.30 (25') GAG FLOOR Barbara	13.30 (25') TONE UP Alda	13.30 (25') FLOOR TONE Barbara	<p><b>Prenota la tua lezione in SALA CORSI con My Appy, scaricala subito, pratica, facile e veloce!</b> (attiva in reception la tua Username e Password)</p>	
*14.05 (25') ABS <b>VIRTUAL</b>	*14.05 (25') GLUTEI <b>VIRTUAL</b>	*14.05 (25') TABATA WORKOUT <b>VIRTUAL</b>	*14.05 (25') ABS <b>VIRTUAL</b>	*14.05 (25') GLUTEI <b>VIRTUAL</b>		
15.00 (50') CARDIO TONE Barbara	*16.00 (50') TOTAL TONE <b>VIRTUAL</b>	15.00 (50') GAG Barbara	16.00 (50') PILATES Barbara	*16.00 (50') ABS <b>VIRTUAL</b>	*16.00 (50') GAG <b>VIRTUAL</b>	*16.00 (50') ABS <b>VIRTUAL</b>
16.00 (50') PILATES Barbara					*17.00 (50') PUMP <b>VIRTUAL</b>	*17.00 (50') TOTAL TONE <b>VIRTUAL</b>
					*18.00 (50') AEROBICA LATINA <b>VIRTUAL</b>	*18.00 (50') KOMBAT <b>VIRTUAL</b>
*17.05 (50') GAG <b>VIRTUAL</b>	*17.00 (50') AERO DANCE <b>VIRTUAL</b>	*17.05 (50') ABS <b>VIRTUAL</b>	*17.05 (50') TOTAL TONE <b>VIRTUAL</b>	16.45 (50') FULL BODY Ingrid	<p><b>* CORSI VIRTUAL ACCESSIBILI AL CLUB NON PRENOTABILI DALL'APP</b></p>	
*18.00 (50') AERO DANCE <b>VIRTUAL</b>	18.30 (25) TONE UP Ingrid	*18.00 (50') TOTAL TONE <b>VIRTUAL</b>	18.30 (25') SIX PACK Patricia			
19.00 (45') FULL BODY Alda	19.00 (50') FAT BURNER Ingrid	19.00 (45') G.A.G. Alda	19.00 (50') CARDIO TONE Patricia	18.45 (75') YOGA Carola	<p><b>treforclub</b> E' <b>IL TUO BENESSERE</b></p>	
19.55 (45') PILATES TRAINING Alda	20.00 (50') FUNCTIONAL TRAINING Carmen	19.55 (45') KETTLEBELL TRAINING Andrea	20.00 (55') FIT CROSS Carmen			
*21.05 (50') GAG <b>VIRTUAL</b>	*21.05 (50') KOMBAT <b>VIRTUAL</b>	*21.05 (50') FUNZIONALE <b>VIRTUAL</b>	*21.05 (50') TOTAL TONE <b>VIRTUAL</b>			

DAL 4 AL 17 LUGLIO 2022

# SPECIAL CLASS

treforclub



SABATO 2 ANDREA KETTLEBELL TR./ PILATES

DOMENICA 3 PATRICIA POSTURAL TRAINING

SABATO 9 CARMEN FULL BODY/PILATES

DOMENICA 10 CHRISTIAN POSTURAL TRAINING

SABATO 16 CARMEN FUNCTIONAL TR. /PILATES

DOMENICA 17 CHRISTIAN PILATES

SABATO 23 CHRISTIAN CIRCUIT TR./POSTURAL

DOMENICA 24 ANDREA PILATES

SABATO 30 PATRIZIA CARDIO TONE/PILATES

DOMENICA 31 PATRICIA POSTURAL TRAINING

## LUGLIO 2022