

# **OPEN DAY 20 SETTEMBRE**

## **PLANNING DEI CORSI**

### **SALA 1**

### **CORSO**

### **INSEGNANTE**

**10:00 - 10:30**

**GAG**

**KRIZIA**

**10:30 - 11:00**

**INTERVAL FIT**

**SARA**

**11:00 - 11:30**

**PUMP**

**MARIO**

**12:00 - 12:30**

**PILATES**

**LISA**

**12:30 - 13:00**

**MILITARY - FITNESS**

**IVAN**

**15:30 - 16:00**

**STEP COREOGRAPHY**

**GIORGIO**

**16:30 - 17:00**

**PILATES**

**MARIO**

**17:00 - 17:30**

**DANCE TONE**

**MARIO**

**17:30 - 18:00**

**YOGA**

**GABRIELLA**

### **SALA 2**

### **CORSO**

### **INSEGNANTE**

**12:00 - 12:30**

**KICK BOX**

**STEFANO**

**15:30 - 16:00**

**FIT BOX**

**LUCA**

### **SPINNING**

### **CORSO**

### **INSEGNANTE**

**11:00 - 11:30**

**SPINNING**

**JARNO**

**13:00 - 13:30**

**SPINNING**

**JARNO**

**16:30 - 17:00**

**SPINNING**

**LUCA**

**SM3**

**SPORTING MILANO 3**  
HEALTH & LIFESTYLE

<b>PISCINA</b>	<b>CORSO</b>	<b>INSEGNANTE</b>
<b>11:30 - 12:00</b>	<b>HYDROBIKE</b>	<b>MONICA</b>
<b>12:00 - 12:30</b>	<b>HYDROBIKE</b>	<b>MONICA</b>
<b>12:30 - 13:00</b>	<b>WATER-CIRCUIT</b>	<b>MONICA - KRIZIA</b>
<b>15:00 - 15:30</b>	<b>ACQUA-GYM-SUPERTONE</b>	<b>MONICA - KRIZIA</b>

<b>PALCO</b>	<b>CORSO</b>	<b>INSEGNANTE</b>
<b>11:00 - 11:30</b>	<b>ZUMBA</b>	<b>MONICA</b>
<b>16:00 - 16:30</b>	<b>HASHITA</b>	
<b>16:30 - 17:00</b>	<b>TANGO ARGENTINO</b>	
	<b>STANDARD</b>	
	<b>BALLI CARAIBICI</b>	
<b>17:00 - 17:30</b>	<b>BALLI DI GRUPPO</b>	
<b>17:30 - 18:00</b>	<b>ZUMBA</b>	<b>MONICA - KRIZIA</b>
<b>18:00 - 18:30</b>	<b>KARATE</b>	

**SM3**

**SPORTING MILANO 3**  
HEALTH & LIFESTYLE