

CORSI FITNESS DALL' 8 GENNAIO 2018

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA									
8.45	POWER YOGA (sala 2)	60'	10.00	STEP	60'	8,45	POWER YOGA	60'	10.00	FUNCTIONAL TONE	60'	10.00	GYM MIOFASCIALE	60'	10.00	STEP	60'	10.30	JUMPING FITNESS	60'	
	MARTINA V.			ALESSANDRO A.			MARTINA V.			FEDERICA A.			SARA			PAULO S.			SARA / KRIZIA		
10.00	JUMPING STEP	60'	11.00	FUNCTIONAL TONE	60'	10.00	UPPER BODY LOWER BODY	30' 30'	11.00	STRETCHING	60'	11.00	FIT BALL	60'	11.00	CARDIO GAG	60'	11.30	INTERVAL FIT	60'	
	LISA M.			ALESSANDRO A.			LISA M.			FEDERICA A.			LISA M.			PAULO S.			SARA / KRIZIA		
11:00	STRETCHING POSTURALE	60'	13.00	ZUMBA	60'	11.00	PILATES POSTURALE	60'	13.00	ZUMBA	60'	13.00	LOWER BODY	30'	11.00	TAI-CHI (sala 2)	60'	12.30	PILATES	60'	
	LISA M.			MONICA M.			LISA M.			MONICA M.			LISA M.			PIERANGELA			SARA / KRIZIA		
13.00	PILATES FIT	60'	13.00	SPINNING	60'	13.00	PILATES	60'	13.00	SPINNING	60'	13.30	SPECIAL ABDOMINAL	20'	11.00	SPINNING	60'				
	LISA M.			SARA			LISA M.			SARA			LISA M.			EMANUELA					
												13.50	STRETCHING	10'	12.00	STRETCHING	60'				
15:30	POSTURAL GYM	50'	17:00	YOGA KIDS (sala2)	45'	15:30	POSTURAL GYM	50'	15.15	FIT PILATES	60'										
	SILVIA			MARTINA V.			SILVIA			FEDERICA A.											
17:30	JUMPING FITNESS (Mummy and Kids)	45'	17:45	YOGA TEEN (sala2)	45'	18.00	GAG	45'	17.30	TOTAL TONE	60'	18.30	TRX (sala 2)	45'	15.30	ZUMBA	60'				
	LISA M.			MARTINA V.			ALEX F.			GISELLE			ALEX F.			KRIZIA C.					
18.30	MOVERO	60'	18.30	JUMPING STEP	60'	18.45	TRX (sala 2)	45'	19.00	* H.E.A.T. PROGRAM	60'	19.00	PILATES STRECH	60'					18.00	YOGA	90'
	NOEMI			LISA M.			ALEX F.			MICHELE C.			KRIZIA C.		GABRIELLA M.						
18.30	TRX (sala 2)	45'	18.30	DIFESA PERSONALE FEMMINILE (sala2)	60'	18.30	SPINNING	60'	19.30	ENERGY WORKOUT	60'	19.30	BULLS WORKOUT (sala 2)	60'							
	ALEX F.			STEFANO			EMANUELA			IVAN S.			STEFANO								
18.30	SPINNING	60'	19:00	* H.E.A.T. PROGRAM	60'	19.15	ZUMBA	45'	19.30	POWER YOGA (sala 2)	60'	20:00	ZUMBA	60'							
	FELIX			MICHELE C.			KRIZIA			VITTORIO			KRIZIA C.								
19.15	TAI-CHI (sala 2)	60'	19:30	PILATES	60'	19.30	YOGA (sala 2)	90'													
	PIERANGELA			LISA M.			GABRIELLA M.														
19.30	BULLS WORKOUT	60'	19:30	FUNCTIONAL TONE (sala2)	60'	20.00	JUMPING FITNESS	60'													
	STEFANO			SARA			SARA V.														

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INFO CORSI: Rispetta l'orario d'inizio del corso - Porta con te una salvietta tergisudore

N.B. Il palinsesto corsi può subire variazioni durante l'anno a giudizio insindacabile della direzione

PRENOTAZIONE 3€

KIDS

bassa intensità

media intensità

alta intensità

