

CORSI FITNESS DALL' 8 GENNAIO 2018

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

www.sportingmilano3.it info@sportingmilano3.it tel. +39.02.8965291

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

