

CORSI FITNESS DAL 3 SETTEMBRE 2018

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA	
8.45	POWER YOGA MARTINA V.	10.00	STEP ALESSANDRO A.	8,45	POWER YOGA MARTINA V.	10.00	FUNCTIONAL TONE FEDERICA A.	10.00	GYM MIOFASCIALE SARA	10.00	STEP PAULO S.	10.30	JUMPING FITNESS SARA / KRIZIA
10.00	INTENSE INTERVAL TRAINING LISA M.	11.00	FUNCTIONAL TONE ALESSANDRO A.	10.00	UPPER BODY LOWER BODY LISA M.	11.00	STRETCHING FEDERICA A.	11.00	FIT BALL LISA M.	10.30	TAI-CHI (sala 2) PIERANGELA dal 15/09	11.30	INTERVAL FIT SARA / KRIZIA
10.30	BTS (bicipiti - tricipiti - spalle) LISA M.	13.00	ZUMBA MONICA M.	11.00	PILATES POSTURALE LISA M.	13.00	ZUMBA MONICA M.	13.00	LOWER BODY LISA M.	11.00	CARDIO GAG PAULO S.	12.30	PILATES SARA / KRIZIA
11:00	STRETCHING POSTURALE LISA M.	13.00	INDOOR CYCLING SARA	13.00	PILATES LISA M.	13.00	INDOOR CYCLING SARA	13.30	SPECIAL ABDOMINAL LISA M.	11.00	INDOOR CYCLING EMANUELA		
13.00	PILATES FIT LISA M.							13.50	STRETCHING LISA M.	12.00	STRETCHING PAULO S.		
15:30	POSTURAL GYM SILVIA (dal 1/10)	15.15	FIT PILATES FEDERICA A.	15:30	POSTURAL GYM SILVIA (dal 1/10)	15.15	FIT PILATES FEDERICA A.						
17:30	JUMPING FITNESS KIDS LISA M.(dal 17/09)	17:00	YOGA KIDS MARTINA V.(dal 17/09)	18.00	GAG ALESSANDRO S.	17.30	TOTAL TONE GISELLE	18.30	TRX (sala 2) FEDERICA A.	15.30	ZUMBA KRIZIA C.		
18.30	MOVERO NOEMI	18.30	TOTAL TONE LISA M.	18.45	TRX (sala 2) ALESSANDRO S.	19.00	INDOOR CYCLING EMANUELA	19.15	SPARTACUS WORKOUT OUTDOOR ALESSANDRO S				
18.30	TRX (sala 2) ALEX F.			19.00	* H.E.A.T. PROGRAM MICHELE C.	19.30	ENERGY WORKOUT IVAN S.	19:30	PILATES STRECH FEDERICA A.			18.30	YOGA MARTINA V.
18.30	INDOOR CYCLING FELIX	19:30	PILATES LISA M.	19.15	ZUMBA KRIZIA	19.30	POWER YOGA (sala 2) GAIA M.						
19.30	FUNCTIONAL TONE SARA	19:30	BULLS WORKOUT (sala 2) KRIZIA	19.45	YOGA (sala 2) GABRIELLA M.								
20:00	* H.E.A.T. PROGRAM MICHELE C.			20.00	JUMPING FITNESS SARA V.								

PRENOTAZIONE 3€

KIDS

bassa intensità
 media intensità
 alta intensità