

CORSI FITNESS DAL 1 DICEMBRE 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	DYNAMIC PILATES FITTBALL 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.			15:30	POSTURAL GYM SILVIA (dal 1/10)			13.50	STRETCHING LISA M.	12.00	STRETCHING PAULO S.		
15:30	POSTURAL GYM SILVIA (dal 1/10)	15.15	FIT PILATES FEDERICA A.	18.00	GAG ALESSANDRO S.	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)	18.45	TRX (sala 2) ALESSANDRO S.	17.30	TOTAL TONE GISELLE			15.30	ZUMBA KRIZIA C.		
18.30	MOVERO NOEMI	18.30	TOTAL TONE LISA M.	19.00	* H.E.A.T. PROGRAM MICHELE C.	19.00	INDOOR CYCLING EMANUELA	18.30	TRX (sala 2) FEDERICA A.				
18.30	TRX (sala 2) ALEX F.			19.30	SPARTACUS WORKOUT OUTDOOR ALESSANDRO S	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