

**CORSI FITNESS MARZO 2019**

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA								
8.45	POWER YOGA MARTINA V.	60'	10.00	STEP COREOGRAPHY BASE SARA S.	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	INTENSE INTERVAL TRAINING LISA M.	30'	11.00	FUNCTIONAL TONE SARA S.	60'	10.00	UPPER BODY LOWER BODY LISA M.	30' 30'	11.00	STRETCHING FEDERICA A.	60'	11.00	PILATES FITBALL LISA M.	60'	10.30	TAI-CHI (sala 2) PIERANGELA dal 15/09	90'	11.30	INTERVAL FIT SARA / KRIZIA	60'
10.30	BTS (bicipiti - tricipiti - spalle) LISA M.	30'	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	CARDIO GAG PAULO S.	60'	12.30	PILATES SARA / KRIZIA	60'
11:00	STRETCHING POSTURALE LISA M.	60'	13.00	INDOOR CYCLING SARA	60'	13.00	PILATES LISA M.	60'	13.00	INDOOR CYCLING SARA	60'	13.30	SPECIAL ABDOMINAL LISA M.	20'	11.00	INDOOR CYCLING EMANUELA	60'			
13.00	PILATES FIT LISA M.	60'				15:30	POSTURAL GYM SILVIA (dal 1/10)	50'				13.50	STRETCHING LISA M.	10'	12.00	STRETCHING PAULO S.	60'			
15:30	POSTURAL GYM SILVIA (dal 1/10)	50'	15.15	FIT PILATES FEDERICA A.	60'	18.00	GAG LUCA S.	45'	15.15	FIT PILATES FEDERICA A.	60'									
17:30	JUMPING FITNESS KIDS LISA M.(dal 17/09)	45'	17:00	YOGA KIDS MARTINA V.(dal 17/09)	45'	18.45	TRX (sala 2) LUCA.S	50'	17.30	TOTAL TONE GISELLE	60'			15.30	ZUMBA KRIZIA C.	60'				
18.30	MOVERO NOEMI	60'	18.30	TOTAL TONE LISA M.	60'	19.00	* H.E.A.T. PROGRAM MICHELE C.	60'	19.00	INDOOR CYCLING EMANUELA	60'	18.30	TRX (sala 2) FEDERICA A.	45'						
18.30	TRX (sala 2) FEDERICA A.	45'				19.30	SPARTACUS WORKOUT OUTDOOR LUCA S.	60'	19.30	ENERGY WORKOUT IVAN S.	60'	19:30	PILATES STRECH FEDERICA A.	60'			18.00	YOGA MARTINA V.	90'	
18.30	INDOOR CYCLING FELIX	90'	19:30	PILATES LISA M.	60'	19.15	ZUMBA KRIZIA	45'	19.30	POWER YOGA (sala 2) GAIA M.	60'									
19.30	FUNCTIONAL TONE SARA		19:30	PULSE WORKOUT (sala 2) KRIZIA	60'	19.30	YOGA (sala 2) GABRIELLA M.	90'												
20:00	* H.E.A.T. PROGRAM MICHELE C.	60'				20.00	JUMPING FITNESS SARA V.	60'												

PRENOTAZIONE 3€

KIDS

 bassa intensità  
 media intensità  
 alta intensità