

CORSI FITNESS DA MAGGIO 2019

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA								
8.45	POWER YOGA MARTINA V.	60'	10.00	STEP BASIC COREOGRAFIC SARA S.	45'	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'	10.45	FUNCTIONAL TONE SARA S.	45'	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'	11:30	GYM MIOFASCIALE SARA.S	45'	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	ZUMBA MONICA M.	60'	13.00	PILATES LISA M.	60'	13.00	INDOOR CYCLING SARA	60'	13.30	SPECIAL ABDOMINAL LISA M.	20'	11.00	INDOOR CYCLING CON CHAINS EMANUELA D.	60'			
13.00	PILATES FIT LISA M.	60'	13.00	INDOOR CYCLING SARA	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) ALESSANDRA S	90'												
20:00	H.E.A.T. PROGRAM MICHELE C.	60'				20.00	JUMPING FITNESS SARA V.	60'												

KIDS

NOVITA'

bassa intensità
 media intensità
 alta intensità