



FITNESS STUDIO							
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
mattino	WALK & ABS 07.00/7.45		TOTAL BODY 07.00/7.45				
	TOTAL BODY LIGHT 09.00/9.45					WALKEXERCISE 8.30/9.15	
	DANCE MIXX 10.00/11.00	WALKEXERCISE 9.45/10.30	PILATES base 9.30/10.30		WALK & ABS 09.45/10.30	WALKEXERCISE 9.15/10.00	
		TOTAL BODY 10.30/11.15	SUPERJUMP 10.30-11.15	DANCE MIXX 10.00/11.00	AERODANCE 10.30/11.15	TOTAL BODY 10.00/11.00	
pranzo	SUPERJUMP 12.45/13.30	STRENGTH 45 12.45/13.30	TOTAL BODY 12.45/13.30	FOOT TRAINING 12.45/13.30	WALK & TONE 12.45/13.30		
				TOTAL BODY LIGHT 14.30/15.15		KRAV MAGA junior 5-11 anni 14.30/15.30	
pomeriggio	SUPERJUMP 15.00/15.45	WALKEXERCISE 15.30/16.15	SUPERJUMP 15.00/15.45	POSTURALE 15.15/16.00	DANCE MIXX 15.00/15.45		
	POSTURALE 16.45/17.45	FITNESS KIDS 16.15/17.10	FITNESS KIDS 16.20/17.10				
	FOOT TRAINING 17.45/18.15	PILATES 17.15/18.00	WALKEXERCISE 17.10/17.55	SUPERJUMP JUNIOR 17.00/18.00	HIP HOP Junior 17.00/18.00		
	FUNCTIONAL 18.15/19.00	PILATES 18.05/18.50	STEP COREO 18.00/18.45	DANCE MIXX 18.00/18.45	SUPERJUMP TOTAL BODY 18.00/18.45		
sera	DANCE MIXX 19.00/20.00	GAB 19.00/19.45	TOTAL BODY 18.45/19.30	GAG 18.45/19.45	GAG 18.45/19.30		
	ABS 20.00/20.30	CROSS TRAINING 19.45/20.45	STRIKE MOMA 19.30/20.15	TABATA TRAINING 19.45/20.45	BLAST 19.30/20.15		
	BOXEUP 20.30/21.15	SUPERJUMP 20.45/21.45	BOXEUP 20.15/21.05	FUSION 20.45/21.45	BOXEUP 20.15/21.00		
	WALK & TONE 21.15/22.00		WALKEXERCISE 21.05/22.00				

ABBONAMENTO FITNESS	ABBONAMENTO OLISTICO	BODY MIND
FITNESS PLUS	OLISTICO PLUS	EXTRA ABBONAMENTO
DANZA JUNIOR/ADULTI	FITNESS JUNIOR	

ABBONAMENTO GOLD fitness + olistico	ABBONAMENTO PLATINUM fitness+olistico +body mind
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• PRENOTAZIONE OBBLIGATORIA

dal 1° febbraio 2020



DANCE & OLISTICO STUDIO							
	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
mattino					FLYBOARD 7.00/7.45		
	GINNASTICA DOLCE 9.00/10.00	PANCAFIT GROUP 9.30/10.30	GINNASTICA DOLCE 9.00/10.00	GAG 09.00/9.45	FLEXZONE 9.45/10.30	TAI CHI 9.15/10.15	
	FLYBOARD 10.00/11.00	POSTURALE 10.30/11.30	PILATES intermedio 10.30/11.30	POSTURALE 9.45/10.30	FLYBOARD 10.30/11.30	PILATES 10.15/11.15	
				BODYFLY BAMBOO 10.30/11.15	BODYFLY BAMBOO 11.30/12.15	HATHA YOGA 11.15/12.30	
pranzo		STRETCHING 12.45/13.15		FLYBOARD 12.45/13.30	PILATES 12.45/13.30		
		ABS 13.15/13.45					
pomeriggio	PANCAFIT GROUP 16.45/17.45	HIP HOP Junior 16.45/17.45	MAMMA & BIMBO 16.25/17.10	FLYBOARD 16.45/17.30	FLYBOARD 17.00/17.45		
	POSTURALE 17.45/18.45	FLYBOARD JUNIOR 17.45/18.30	PRIMI PASSI di DANZA 17.10/18.00	STREET JAZZ 17.30/19.00	PILATES 17.45/18.30		
	DANCE HALL 18.45/19.45	FLYBOARD BAMBOO 18.30/19.15	DANCE HALL 18.00/19.00		PILATES 18.30/19.15		
	STRETCHING 19.45/20.15	GAB 19.15/20.00	HIP HOP Teen 19.00/20.00	PILATES 19.00/19.45	FLYBOARD 19.15/20.00		
sera	PILATES base 20.15-21.00	FLYBOARD 20.00/20.45	BACHATA 20.15/21.15	FLEXZONE 19.45/20.30	PANCAFIT GROUP 20.00/21.00		
	FLYBOARD 21.00/21.45	PILATES 20.45/21.45	SALSA 21.15/22.15	HATHA YOGA 20.30/21.45			

Infoline 347/4009535 e 392/3262063 - 393/8838362 prenotazioni/disdette corsi

La direzione si riserva il diritto di effettuare modifiche al planning orario, IN QUALSIASI MOMENTO.

Tutti i corsi verranno effettuati con un minimo di 3 partecipanti.

E' possibile poter frequentare solo 1 lezione settimanale di BAMBOO

www.happyfitness.org