

PLANNING CORSI

		LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		
		FITNESS	OLISTICO	FITNESS	OLISTICO	FITNESS	OLISTICO	FITNESS	OLISTICO	FITNESS	OLISTICO	FITNESS	OLISTICO	
MATTINO		WALK & TONE 7:00 - 7:45 Samantha				TOTAL BODY 7:00 - 7:45 Samantha				MORNING YOGA FLOW (Eva) 7:00 - 7:45				
						GAG* 8:45 - 9:30 Alessandro	PANCAFIT GROUP 8:00 - 9:00 Manuela					WALKEXERCISE* 8:30 - 9:15 Samantha		
		TOTAL BODY light* 9:30 - 10:15 Mary		WALK & TONE 9:15 - 10:00 Mariangela				PILATES 9:30 - 10:15 Samantha	STRENGTH 45* 9:30 - 10:15 Manuela			FLEX ZONE 9:30 - 10:15 Mary	WALKEXERCISE* 9:30 - 10:15 Marta	
	TOTAL BODY* 10:30 - 11:15 Jonathan	FLYBOARD 10:15 - 11:00 Cristina	POSTURALE 10:15 - 11:00 Cristina				PILATES 10:30 - 11:15 Cristina	DANCE MIXX* 10:30 - 11:15 Mary			FLEX ZONE 10:30 - 11:15 Mary	TOTAL BODY* 10:30 - 11:15 Marta	PILATES 10:30 - 11:15 Eva	
			POSTURALE 11:15 - 12:00 Cristina									DANCE MIXX* 11:30 - 12:15 Mary/Ale/Manu		
PRANZO		SUPERJUMP 12:45 - 13:30 Cristina		STRENGTH 45* 12:45 - 13:30 Manuela		TOTAL BODY* 12:45 - 13:30 Eva			CARDIO TONE* 12:45 - 13:30 Cristina		PILATES 12:45 - 13:30 Cristina			
										PILATES 13:45 - 14:30 Cristina	PANCAFIT GROUP 14:00 - 15:00 Manuela			
POMERIGGIO		STEP DANCE 14:30 - 15:15 Alessandro		SUPERJUMP 14:30 - 15:15 Mary			FLYBOARD 14:30 - 15:15 Manuela	CARDIO TONE* 14:30 - 15:15 Jonathan			VINYASA YOGA 15:00 - 16:00 Annalisa			
						SUPERJUMP J. 3-5 16:30 - 17:15 Mary				PRIMI PASSI 3-6 16:30 - 17:15 Veronica	YOGA KIDS 3-6 16:30 - 17:00 Annalisa			
		PANCAFIT GROUP 16:15 - 17:15 Manuela	BREAK DANCE 6-11 16:30 - 17:15 Gianluca											
		CARDIO TONE* 17:30 - 18:15 Eva	POSTURALE 17:30 - 18:15 Manuela	HIP HOP TEEN 12+ 17:20 - 18:20 Gianluca	PILATES 17:30 - 18:15 Serena			TOTAL BODY* 18:00 - 18:45 Sofia	FLEX ZONE 18:00 - 18:45 Mary	DANCE MIXX* 18:00 - 18:45 Manuela		STRONG 17:30 - 18:15 Annalisa	PILATES 17:30 - 18:15 Debora	
SERA		ABS* 18:30 - 19:15 Marta	POSTURALE 18:30 - 19:15 Debora	TABATA* 18:30 - 19:15 Jonathan	NATURAL YOGA FLOW (Eva) 18:30 - 19:30		KETTLEBELL* 19:00 - 19:45 Gabriele	GAG* 19:00 - 19:45 Marta	GAG* 19:00 - 19:45 Eva		MIX STYLE 12+ 18:30 - 19:30 Veronica	FUNCTIONAL T.* 18:30 - 19:15 Samantha	PILATES 18:30 - 19:15 Debora	
		DANCE MIXX* 19:30 - 20:15 Alessandra	PILATES 19:30 - 20:15 Debora	GAB* 19:30 - 20:15 Marta	ABS* 19:45 - 20:30 Samantha		BOXE UP 20:00 - 20:45 Ina	FLYBOARD 20:00 - 20:45 Eva	TABATA* 20:00 - 20:45 Jonathan		FLEX ZONE 19:30 - 20:15 Samantha	BOXE UP 19:30 - 20:15 Pasquale	PANCAFIT GROUP 19:30 - 20:30 Paolo	
		WALK & TONE 20:30 - 21:15 Marta	FLYBOARD 20:30 - 21:15 Eva	SUPERJUMP 20:30 - 21:15 Eva	DANCE HALL 14+ 20:45 - 21:45 Marta		WALKEXERCISE 21:00 - 21:45 Marta		GAG* 21:00 - 21:45 Jonathan		NATURAL YOGA FLOW (Sonia) 20:30 - 21:30			

FITNESS

OLISTICO

DIGITALE

OUTDOOR

PANCAFIT

KIDS/TEEN - PROVE DAL 20/9
PARTENZA CORSI DAL 1/10

* La lezione potrà essere fatta OUTDOOR a discrezione della direzione

DAL 12/09