

# 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 8:40 - 9:25 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 Mary		POST PARTO 9:40 - 10:25 Eva	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 10:30 - 11:15 Cristina	POSTURALE 10:30 - 11:15 Mary	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/Cri	
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 Mary	
POMERIGGIO		STEP DANCE 14.30 - 15.15 Alessandro		SUPERJUMP 15:00 - 15:45 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 16.20 - 17.05 Mary				PRIMI PASSI 3-6 16:30 - 17:15 Veronica			
			PANCAFIT GROUP 16:15 - 17:15 Manuela	BREAK DANCE 6-11 16:30 - 17:15 Gianluca		WALK & TONE 17:15 - 18:00 Samantha		SUPERJUMP J. 6-11 16:45 - 17:45 Cri	HIP HOP 6-11 17:20 - 18:20 Veronica				
	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 18:15 - 19:00 Sofia	FLEX ZONE 18:00 - 18:45 Mary	DANCE MIXX 18:00 - 18:45 Manuela	MIX STYLE 12+ 18.25 - 19.25 Veronica	STRONG 17:30 - 18:15 Annalisa	PILATES 17:30 - 18:15 Debora		
SERA		ABS 18:30 - 19:15 Eva	POSTURALE 18:30 - 19:15 Debora	TABATA 18:30 - 19:15 Jonathan	NATURAL YOGA FLOW (Eva) 18:30 - 19:30	GAG 19:15 - 20:00 Marta	KETTLEBELL 19:00 - 19:45 Gabriele	GAG 19:00 - 19:45 Eva		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 20:15 - 21:00 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 Manuela	
		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				CIRCUIT 21:00 - 21:45 Jonathan		NATURAL YOGA FLOW (Sonia) 20:30 - 21:30		

FITNESS

OLISTICO

OUTDOOR

DIGITALE

corsi EXTRA

KIDS/TEEN