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		
		VINYASA YOGA 08:40 - 09.25 Annalisa			GAG 8:40 - 9:25 Alessandro	PANCAFIT GROUP 8:15 - 9:15 Manuela					WALKEXERCISE 8:30 - 9:15 Samantha	
	TOTAL BODY light 9:30 - 10:15 Mary		WALK & TONE 9:15 - 10:00 Mary			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	POST PARTO 9:40 - 10:25 Eva	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	FOOTBIKE 10:30 - 11:30 Maria						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			SUPERJUMP 15:00 - 15:45 Mary			FLYBOARD 14:30 - 15:15 Manuela	CARDIO TONE 14:30 - 15:15 Jonathan					
							POSTURALE 15:30 - 16:15 Jonathan					
	SUPERJUMP J. 3-6 16:30 - 17:15 Mary	PANCAFIT GROUP 16:15 - 17:15 Manuela	BREAK DANCE 6-11 16:30 - 17:15 Gianluca	FOOTBIKE 17:30 - 18:30 Maria				PRIMI PASSI 3-6 16:30 - 17:15 Veronica				
			HIP HOP TEEN 12+ 17:20 - 18:20 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		PILATES 17:30 - 18:15 Samantha	TOTAL BODY 18:10 - 18:55 Milena	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 Eva	MOBILITY 19:00 - 19:45 Milena	GAG 19:00 - 19:45 Marta		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				NATURAL YOGA FLOW (Sonia) 20:30 - 21:30				

FITNESS *OLISTICO* *OUTDOOR* *DIGITALE* *corsi EXTRA* *KIDS/TEEN*