

PLANNING CORSI

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	DOMENICA
SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 2	SALA 2
	8.30 - 9.25 YOGA WARRIOR'S FLOW		8.30 - 9.25 RISVEGLIO MUSCOLARE				8.30 - 09.25 GINNASTICA DOLCE				
	9.30 - 10.25 EASY PILATES		09.30 - 10.25 TOTAL BODY TONE		09.00 - 09.55 EASY PILATES		9.30 - 10.25 ADDOMINALI ABS		09.00 - 09.55 EASY PILATES	9.00 - 09.55 EASY PILATES	9.00 - 9.55 ADDOMINALI ABS
	10.30 - 11.25 TOTAL BODY TONE		10.30 - 11.25 SPINNING CYCLING TABATA		10.00 - 10.55 GLUTEI + ADDOME + GAMBE GAG SHORT		10.30 - 11.25 PUSH PUMP		10.00 - 10.55 TOTAL BODY TONE	10.00 - 10.55 TOTAL BODY TONE	10.00 - 10.55 PUSH PUMP
	11.30 - 12.25 SPINNING CYCLING AEROBIC TRAINING		11.30 - 12.25 FUNZIONALE 3 BLOCCHI		11.00 - 11.55 YOGA FLOW DETOX		11.30 - 12.25 SPINNING CYCLING RIPETUTE 3 FASI		11.00 - 11.55 SPINNING CYCLING TABATA	11.00 - 11.55 ADDOMINALI ABS + CIRCUITO	11.00 - 11.55 SPINNING CYCLING TABATA
	12.30 - 13.25 ON DEMAND WALKING		12.30 - 13.25 ON DEMAND TONIFICAZIONE		12.00 - 12.55 FUNZIONALE + ADDOME ABS		12.30 - 13.25 ON DEMAND TONIFICAZIONE		12.00 - 12.55 FUNZIONALE + ADDOME ABS	12.00 - 12.55 ON DEMAND SPINNING CYCLING	12.00 - 12.55 ON DEMAND TONIFICAZIONE
	13.30 - 14.25 ON DEMAND TONIFICAZIONE		13.30 - 14.25 ON DEMAND SPINNING CYCLING		13.00 - 13.55 ON DEMAND SPINNING CYCLING		13.30 - 14.25 ON DEMAND AEROBICA		13.00 - 13.55 ON DEMAND AEROBICA	13.00 - 13.55 ON DEMAND BODY & MIND	
	14.30 - 15.25 WALKING FARTLEK AEROBICO ANAEROBICO		14.30 - 15.25 YOGA MOON FLOW		14.00 - 14.55 ON DEMAND WALKING		14.30 - 15.25 LATIN DANCE		14.00 - 14.55 ON DEMAND WALKING	14.00 - 14.55 PUSH PUMP	
	15.30 - 16.25 TOTAL BODY TONE A BLOCCHI		15.30 - 16.25 FUNZIONALE + ADDOME ABS		15.00 - 15.55 GLUTEI + ADDOME + GAMBE		15.30 - 16.25 TOTAL BODY TONE		15.00 - 15.55 SPINNING CYCLING POWER STRENGHT	15.00 - 15.55 GLUTEI + ADDOME + GAMBE GAG	
	16.30 - 17.25 FUNZIONALE		16.30 - 17.25 GLUTEI + ADDOME + GAMBE GAG		16.00 - 16.55 STEP BASE		16.30 - 17.25 FUNZIONALE		16.00 - 16.55 GLUTEI + ADDOME + GAMBE GAG	16.00 - 16.55 WALKING FARTLEK AEROBICO	
	17.30 - 18.25 PUSH PUMP		17.30 - 18.25 TOTAL BODY TONE A BLOCCHI		17.00 - 17.55 SPINNING CYCLING FARTLEK		17.30 - 18.25 WALKING WEIGHT		17.00 - 17.55 TOTAL TONE A BLOCCHI	17.00 - 17.55 SPINNING CYCLING FARTLEK	
	18.30 - 19.25 FUNZIONALE + ADDOME ABS		18.30 - 19.25 WALKING INTERVAL AEROBICO ASCENDENTE		18.00 - 18.55 GLUTEI + ADDOME + GAMBE		18.30 - 19.25 PUSH PUMP		18.00 - 18.55 GLUTEI + ADDOMINALI ABS	18.00 - 18.55 FUNZIONALE	
		(19.00-19.45) PILATES MONICA			(19.00-19.45) CROSS TRAINING GABRIELE				(19.00-19.45) CROSS TRAINING GABRIELE		
(19.30 - 21.00) POLE DANCE base ROBERTA	19.30 - 20.25 PUSH PUMP	(19.45-20.30) MB WELLNESS MONICA	(19.30 - 20.15) CROSS TRAINING GABRIELE	(19.30-21.00) POLE DANCE intermedio ROBERTA	20.00 - 20.55 SPINNING CYCLING TABATA		(19.30 - 20.15) CROSS TRAINING GABRIELE		20.00 - 20.55 SPINNING CYCLING ENDURANCE 70%		
	20.30 - 21.25 SPINNING CYCLING RIPETUTE 3 FASI		20.30 - 21.25 TRX		21.00 - 21.55 GLUTEI		20.30 - 21.25 YOGA FLOW DETOX		21.00 - 21.55 YOGA FLOW DETOX		
(21.00-22.30) POLE DANCE intermedio ROBERTA	21.30 - 22.25 YOGA FLOW DETOX		21.30 - 22.25 LATIN DANCE	(21.00-22.30) POLE DANCE base ROBERTA			21.30 - 22.25 TRX				

CORSI DI COLORE VERDE IN PRESENZA ISTRUTTORE MENRE CORSI IN AZZURRO DIGITAL REAL VT