PLANNING CORSI FITNESS DAL 06/09/2021

mediolanumforum AREAMULTISPORT

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
MATTINA	11:30 – 12:20 **Stretch&Tone** Massimo S2	07:15 – 08:00 **Functional Power** Ivano S2 11:00 – 11:45 **Pancastretch** Fabio S3	11:10 – 12:00 **Stretching** Sara S3	07:45 – 08:30 **Fit Pilates** Nicoletta S3 12:10 – 12:55 **Nirvana Fitness** Nicoletta S3	11:00 – 11:50 **Stretching** Gianluca S3	10:30 – 11:20 **Cardio** Noemi S2 11:30 – 12:20 **Total Tone** Noemi S2	11:00 – 11:50 **Spinning** Daniela/Mariangela S2
PAUSA PRANZO	12:30 – 13:00 **Step** Ivano S2 13:10 – 14:00 **Total Tone** Ivano S2	12:00 – 12:45 **Fit Pilates** Nicoletta S3 13:00 – 13:45 **Fit Pilates** Nicoletta S3 13:00 – 13:50 **Spinning** Mariangela S2	12:30 – 13:00 **Fat Killer** Ivano S2 13:10 – 14:00 **Military Fitness** Ivano S2	13:00 – 13:50 **Spinning** Mariangela S2 13:05 – 13:50 **Nirvana Fitness** Nicoletta S3 13:10 – 14:00 **Abdominal** Ivano SC	12:00 – 12:50 **Dance Fitness** Gianluca S3 13:00 – 13:30 **Power Circuit** Gianluca S3	12:30 – 13:20 **Military Fitness** Ivano S2 13:30 – 14:20 **Power Circuit** Ivano S2	
POMERIGGIO / SERA	17:00 – 17:50 **Total Body** Ivano S2 18:00 – 18:50 **Power Pump** Ivano S2 18:00 – 18:45 **Total Tone** Fabiana S3 19:00 – 19:50 **AdvancedTraining** Ivano S2 19:00 – 19:50 **Power Yoga** Tatiana S3	18:00 – 18:45 **Fit Pilates** Nicoletta S3 18:00 – 18:50 **Spinning** Daniela S2 19:00 – 19:45 **Fit Pilates** Nicoletta S3 19:00 – 19:50 **Interval Training** Giulia S2	18:00 – 18:45 **Pound Fit** Nicoletta S3 18:00 – 18:50 **G.A.G** Noemi S2 18:55 – 19:40 **Pound Fit** Nicoletta S3 19:00 – 19:50 **Zumba Fitness** Noemi S2 20:00 – 20:30 **A.B.S** Noemi S2	18:00 – 18:50 **Nirvana Fitness** Nicoletta S3 18:30 – 19:20 **Spinning** Mariangela S2 19:00 – 19:50 **Fit Pilates** Nicoletta S3	17:00 – 17:50 **Active Gluteus** Ivano S2 18:00 – 18:50 **Power Pump** Ivano S2 18:00 – 18:45 **Fit Pilates** Nicoletta S3 19:00 – 19:45 **Nirvana Fitness** Nicoletta S3 19:00 – 19:50 **AdvancedTraining** Ivano S2		

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE