

PLANNING CORSI FITNESS DAL 14/09/2020

MATTINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
07:45 08:30 Fit Pilates Nicoletta S 3	07:15 08:00 Functional Power Ivano S 1	11:10 12:00 Stretching Sara S 3	07:45 08:30 Fit Pilates Nicoletta S 3	11:00 11:50 Stretching Gianluca S 3	10:30 11:20 Cardio Noemi S 1	11:00 11:50 Spinning Daniela/Elisa S 2
11:30 12:20 Stretch&Tone Massimo S 1	11:00 11:45 Pancastretch Fabio S 3				11:30 12:20 Total Tone Noemi S 1	

PAUSA PRANZO

13:00 13:45 Pound Fit Nicoletta S 3	12:00 12:45 Fit Pilates Nicoletta S 3	13:10 14:00 Military Fitness Ivano S 1	12:10 12:55 Nirvana Fitness Nicoletta S 3	12:00 12:50 Dance Fitness Gianluca S 3	12:30 13:20 Military Fitness Ivano S 1
13:10 14:00 Total Tone Ivano S 1	13:00 13:50 Spinning Mariangela S 2		13:00 13:50 Spinning Mariangela S 3		13:30 14:20 Power Circuit Ivano S 1
	13:00 13:45 Fit Pilates Nicoletta S 3		13:05 13:50 Nirvana Fitness Nicoletta S 3		
			13:10 14:00 Abdominal Ivano S 1		

POMERIGGIO / SERA

17:00 17:50 Total Body Ivano S 1	18:00 18:45 Fit Pilates Nicoletta S 3	18:00 18:45 Pound Fit Nicoletta S 3	18:00 18:50 Nirvana Fitness Nicoletta S 3	17:00 17:50 Active Gluteus Ivano S 1
18:00 18:45 Zumba Fitness Fabiana S 3	18:00 18:50 Spinning Daniela S 2	18:00 18:50 G.A.G Noemi S 1	18:00 18:50 Spinning Mariangela S 2	18:00 18:50 Power Pump Ivano S 1
18:00 18:50 Power Pump Ivano S 1	18:00 18:50 Functional Power Camilla S 1	18:55 19:40 Pound Fit Nicoletta S 3	19:00 19:50 Spinning Mariangela S 2	18:00 18:45 Fit Pilates Nicoletta S 3
19:00 19:50 Yoga Fit Tatiana S 3	19:00 19:45 Fit Pilates Nicoletta S 3	19:00 19:50 Zumba Fitness Noemi S 1	19:00 19:50 Fit Pilates Nicoletta S 3	19:00 19:45 Nirvana Fitness Nicoletta S 3
19:00 19:50 AdvancedTraining Ivano S 1		20:00 20:30 ABS Noemi S 1		19:00 19:50 AdvancedTraining Ivano S 1

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE