

# PLANNING CORSI FITNESS DAL 8/11/2021

MATTINA

PAUSA PRANZO

POMERIGGIO / SERA

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
MATTINA	11:30 Stretch&Tone S 12:20 Massimo 2	07:15 Functional Power S Ivano 2 08:00 Pancastretch S Fabio 3 11:00 Pancastretch S 11:45 Fabio 3	10:00 Stretching S Sara 3 11:10 Stretching S Sara 3 12:00 Stretching S Sara 3	07:45 Fit Pilates S Nicoletta 3 08:30 Nirvana Fitness S Nicoletta 3 12:10 Nirvana Fitness S Nicoletta 3 12:55 Nirvana Fitness S Nicoletta 3	11:00 Stretching S Gianluca 3 11:50 Stretching S Gianluca 3	10:30 Cardio S Noemi 2 11:20 Total Tone S Noemi 2 12:20 Total Tone S Noemi 2	11:00 Spinning S Daniela/Mariangela 2 11:50 Spinning S Daniela/Mariangela 2
	12:30 Step S Ivano 2 13:00 Total Tone S Ivano 2	12:00 Fit Pilates S Nicoletta 3 12:45 Fit Pilates S Nicoletta 3 13:00 Fit Pilates S Nicoletta 3 13:45 Fit Pilates S Nicoletta 3 13:00 Spinning S Mariangela 2 13:50 Spinning S Mariangela 2	12:30 Fat Killer S Ivano 2 13:00 Fat Killer S Ivano 2 13:10 Military Fitness S Ivano 2 14:00 Military Fitness S Ivano 2	13:00 Spinning S Mariangela 2 13:50 Spinning S Mariangela 2 13:00 Abdominal S Ivano 2 13:50 Abdominal S Ivano 2 13:05 Nirvana Fitness S Nicoletta 3 13:50 Nirvana Fitness S Nicoletta 3	12:00 Dance Fitness S Gianluca 3 12:50 Dance Fitness S Gianluca 3 13:00 Power Circuit S Gianluca 3 13:30 Power Circuit S Gianluca 3	12:30 Military Fitness S Ivano 2 13:20 Military Fitness S Ivano 2 13:30 Power Circuit S Ivano 2 14:20 Power Circuit S Ivano 2	
	17:00 Total Body S Ivano 2 17:50 Power Pump S Ivano 2 18:00 Total Tone S Massimo 3 18:45 AdvancedTraining S Ivano 2 19:00 G.A.G S Massimo 3	18:00 Fit Pilates S Nicoletta 3 18:45 Spinning S Daniela 2 18:50 Spinning S Daniela 2 18:00 Functional Power S Camilla 2 18:50 Functional Power S Camilla 2 19:00 Fit Pilates S Nicoletta 3 19:45 Fit Pilates S Nicoletta 3 19:00 Interval Training S Giulia 2 19:50 Interval Training S Giulia 2	18:00 Pound Fit S Nicoletta 3 18:45 Pound Fit S Nicoletta 3 18:50 G.A.G S Noemi 2 18:50 G.A.G S Noemi 2 18:55 Pound Fit S Nicoletta 3 19:40 Pound Fit S Nicoletta 3 19:00 Zumba Fitness S Noemi 2 19:50 Zumba Fitness S Noemi 2 20:00 A.B.S S Noemi 2 20:30 A.B.S S Noemi 2	18:00 Nirvana Fitness S Nicoletta 3 18:50 Nirvana Fitness S Nicoletta 3 18:00 Spinning S Mariangela 2 18:50 Spinning S Mariangela 2 18:00 Power Circuit S Giulia 2 18:50 Power Circuit S Giulia 2 19:00 Spinning S Mariangela 2 19:50 Spinning S Mariangela 2 19:00 Fit Pilates S Nicoletta 3 19:50 Fit Pilates S Nicoletta 3	17:00 Active Gluteus S Ivano 2 17:50 Active Gluteus S Ivano 2 18:00 Power Pump S Ivano 2 18:50 Power Pump S Ivano 2 18:00 Fit Pilates S Nicoletta 3 18:45 Fit Pilates S Nicoletta 3 19:00 Nirvana Fitness S Nicoletta 3 19:45 Nirvana Fitness S Nicoletta 3 19:00 AdvancedTraining S Ivano 2 19:50 AdvancedTraining S Ivano 2		

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE