

# PLANNING CORSI FITNESS DAL 5 SETTEMBRE 2022

MATTINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
11:30 12:20 Stretch&Tone Massimo	07:15 08:00 Functional Power Ivano	07:45 08:30 Nirvana Fitness Nicoletta	07:45 08:30 Fit Pilates Nicoletta	11:00 11:50 Stretching Gianluca	10:30 11:20 Cardio Noemi	11:00 12:00 Spinning a rotazione
	11:00 11:45 Pancastretch Fabio	10:00 10:55 Core Training Sara	11:15 12:00 Fit Pilates Nicoletta		11:30 12:20 Total Tone Noemi	
		11:10 12:00 Stretching Sara				

PAUSA PRANZO

12:30 13:00 Step Ivano	12:00 12:45 Fit Pilates Nicoletta	12:30 13:00 Fat Killer Ivano	12:10 12:55 Nirvana Fitness Nicoletta	12:00 12:50 Dance Fitness Gianluca	12:30 13:20 Functional Power Ivano
13:00 14:00 Super Tone Ivano	13:00 13:45 Fit Pilates Nicoletta	13:00 14:00 Functional Power Ivano	13:00 14:00 Total Body Massimo	13:00 13:50 Power Circuit Gianluca	13:30 14:20 Power Circuit Ivano
	13:00 14:00 Spinning Mariangela		13:00 14:00 Spinning Mariangela		

POMERIGGIO / SERA

17:00 17:50 Active Pump Ivano	18:00 18:45 Fit Pilates Nicoletta	18:00 18:45 Pound Fit Nicoletta	18:00 18:50 Nirvana Fitness Nicoletta	17:00 17:50 Active Gluteus Ivano
18:00 18:50 Power Pump Ivano	18:00 18:50 Functional Power Camilla	18:00 18:50 G.A.G Noemi	18:00 19:00 Spinning Mariangela	18:00 18:45 Fit Pilates Nicoletta
18:00 18:50 Full Body Alessia	18:00 19:00 Spinning Daniela	18:55 19:40 Pound Fit Nicoletta	18:00 19:00 G.A.G Massimo	18:00 18:50 Power Pump Ivano
19:00 20:00 Stretch&Tone Alessia	19:00 19:45 Fit Pilates Nicoletta	19:00 20:00 Zumba Fitness Noemi	19:00 19:50 Fit Pilates Nicoletta	19:00 19:45 Nirvana Fitness Nicoletta
19:00 20:00 AdvancedTraining Ivano	19:00 20:00 Spinning Daniela		19:00 20:00 Spinning Mariangela	19:00 20:00 AdvancedTraining Ivano
	19:00 20:00 Interval Training Giulia			

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE