

PLANNING CORSI FITNESS DAL 13 FEBBRAIO 2023



MATTINA

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
	10:45 Pancastretch Massimo	07:15 Functional Power Ivano	07:45 Nirvana Fitness Nicoletta	07:45 Fit Pilates Nicoletta	11:00 Stretching Gianluca	10:30 Flexy&Tone Noemi	11:00 Cycle a rotazione
	11:30 Stretch&Tone Massimo	10:15 Pancastretch Fabio	08:30 Core Training Sara	08:30 Fit Pilates Nicoletta		11:20 Total Tone Noemi	
		11:05 Yoga Fit Francesca	10:00 Core Training Sara	11:25 Fit Pilates Nicoletta		12:20 Total Tone Noemi	
		12:00 Yoga Fit Francesca	11:10 Stretching Sara				

PAUSA PRANZO

	12:30 Step Ivano	12:00 Fit Pilates Nicoletta	12:30 Fat Killer Ivano	12:15 Nirvana Fitness Nicoletta	12:00 Dance Fitness Gianluca	12:30 Functional Power Ivano
	12:30 Pound Fit Nicoletta	12:45 Fit Pilates Nicoletta	13:00 Functional Power Ivano	13:05 Nirvana Fitness Nicoletta	12:50 Power Circuit Gianluca	13:30 Power Circuit Ivano
	13:00 Super Tone Ivano	13:35 Flexy&Tone Giulia		13:50 Total Body Massimo	13:45 Power Circuit Gianluca	14:20 Power Circuit Ivano
	14:00 Super Tone Ivano	13:50 Cycle Mariangela		14:00 Cycle Mariangela		

POMERIGGIO / SERA

	16:30 Abdominal Circuit Ivano	18:00 Fit Pilates Nicoletta	16:00 Fit Barre Rebecca	18:00 Nirvana Fitness Nicoletta	16:30 LowBody Alessandro
	17:00 Active Gluteus Ivano	18:45 Functional Power Camilla	16:30 Calistheniscs Simone	18:50 Power Cycle Mariangela	17:00 Active Gluteus Ivano
	17:50 Power Pump Ivano	18:50 Power Cycle Daniela	18:00 Pound Fit Nicoletta	19:00 Yoga Fit Francesca	17:50 Fit Pilates Nicoletta
	18:00 FitBoxe Alessia	19:00 Fit Pilates Nicoletta	18:45 G.A.G Fabiana	19:00 Fit Pilates Nicoletta	18:00 Power Pump Ivano
	19:00 AdvancedTraining Ivano	19:45 Cycle Daniela	18:50 Pound Fit Nicoletta	19:50 Dance&Tone Krizia	18:45 Nirvana Fitness Nicoletta
	19:55 LowBody Ivano	20:00 Interval Training Giulia	19:40 Zumba Fitness Fabiana	20:00 Cycle Mariangela	18:50 AdvancedTraining Ivano

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE