

PLANNING CORSI FITNESS DAL 3 APRILE 2023



MATTINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10:30 11:15 Pancastretch Massimo S 3	07:15 08:00 Functional Power Ivano S 1	07:45 08:30 Nirvana Fitness Nicoletta S 3	07:45 08:30 Fit Pilates Nicoletta S 3	11:00 11:50 Stretching Gianluca S 1	10:30 11:20 Flexy&Tone Noemi S 1	11:00 12:00 Cycle a rotazione S 2
11:30 12:20 Stretch&Tone Massimo S 1	10:15 11:00 Pancastretch Fabio S 3	10:00 10:55 Core Training Sara S 1	11:25 12:10 Fit Pilates Nicoletta S 3		11:30 12:20 Total Tone Noemi S 1	
	11:05 11:50 Pancastretch Fabio S 3	11:10 12:00 Stretching Sara S 1				
	11:05 12:00 Yoga Fit Francesca S 1					

PAUSA PRANZO

12:30 13:00 Step Ivano S 1	12:00 12:45 Fit Pilates Nicoletta S 3	12:30 13:00 Fat Killer Ivano S 1	12:15 13:00 Nirvana Fitness Nicoletta S 3	12:00 12:50 Dance Fitness Gianluca S 1	12:30 13:20 Functional Power Ivano S 1
12:30 13:15 Pound Fit Nicoletta S 3	12:50 13:35 Fit Pilates Nicoletta S 3	13:00 14:00 Functional Power Ivano S 1	13:05 13:50 Nirvana Fitness Nicoletta S 3	13:00 13:45 Power Circuit Gianluca S 1	13:30 14:20 Power Circuit Ivano S 1
13:00 14:00 Super Tone Ivano S 1	13:00 13:50 Flexy&Tone Giulia S 1		13:00 14:00 Total Body Massimo S 1		
	13:00 14:00 Cycle Mariangela S 2		13:00 14:00 Cycle Mariangela S 2		

POMERIGGIO / SERA

16:30 17:00 Abdominal Circuit 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	16:30 17:00 LowBody Alessandro S 1
17:00 17:50 Active Gluteus Ivano S 1	18:00 18:50 Functional Power Camilla S 1	18:00 18:50 G.A.G Fabiana S 1	18:00 19:00 Power Cycle Mariangela S 2	17:00 17:50 Active Gluteus Ivano S 1
18:00 18:50 Power Pump Ivano S 1	18:00 19:00 Power Cycle Daniela S 2	18:55 19:40 Pound Fit Nicoletta S 3	18:00 19:00 Yoga Fit Francesca S 1	18:00 18:45 Fit Pilates Nicoletta S 3
19:00 19:50 FitBoxe Alessia S 2	19:00 19:45 Fit Pilates Nicoletta S 3	19:00 19:55 Zumba Fitness Fabiana S 1	19:00 19:50 Fit Pilates Nicoletta S 3	18:00 18:50 Power Pump Ivano S 1
19:00 19:55 AdvancedTraining Ivano S 1	19:00 20:00 Cycle Daniela S 2	19:00 20:00 Calistheniscs Simone S 1	19:00 20:00 Dance&Tone Krizia S 1	19:00 19:45 Nirvana Fitness Nicoletta S 3
20:00 20:30 LowBody Ivano S 1	19:00 20:00 Interval Training Giulia S 1		19:00 20:00 Cycle Mariangela S 2	19:00 20:00 AdvancedTraining Ivano S 1

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE