

PLANNING CORSI FITNESS DAL 9 SETTEMBRE 2024



MATTINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
07:45 08:30 Nirvana Fitness Nicoletta S 3	07:15 08:00 Functional Power Ivano S 1	10:00 10:55 Core Training Sara S 1	07:45 08:30 Fit Pilates Nicoletta S 3	11:00 11:50 Power Stretching Nicoletta S 1	10:00 11:00 TAI CHI Salvatore S 1	10:30 11:30 Cycle Mariangela S 2
10:30 11:15 Pancastretch Massimo S 3	10:10 10:55 Pancastretch Federico S 3	11:10 12:00 Stretching Sara S 1	10:15 11:15 Postural Yoga Francesca S 1		11:00 12:00 G.A.G a rotazione S 1	
11:30 12:20 Stretch&Tone Massimo S 1	11:05 12:00 Yoga Mind Francesca S 1		11:25 12:10 Fit Pilates Nicoletta S 3		12:00 12:30 Stretching a rotazione S 1	

PAUSA PRANZO

12:30 13:00 Step Ivano S 1	12:00 12:50 Fit Pilates Nicoletta S 3	12:30 13:00 Upper Body Ivano S 1	12:15 13:00 Nirvana Fitness Nicoletta S 3	12:00 12:50 Dance Fitness Nicoletta S 1	12:30 13:30 Functional Power Ivano S 1
12:30 13:15 Pound Fit Nicoletta S 3	12:50 13:40 Core Pilates Nicoletta S 3	13:00 14:00 Fat Killer Ivano S 1	13:00 13:50 Flow Nirvana Nicoletta S 3	13:00 13:45 Power Circuit Nicoletta S 1	13:30 14:00 Power Circuit Ivano S 1
13:00 14:00 Super Tone Ivano S 1	13:00 14:00 Cycle Mariangela S 2		13:00 14:00 Cycle Mariangela S 2		
	13:00 13:50 Flexy&Tone Giulia S 1				

POMERIGGIO / SERA

16:30 17:00 Abdominal Circuit Ivano S 1	18:00 18:50 Fit Pilates Nicoletta S 3	17:30 18:00 Full Body Alessandro S 1	18:00 18:50 Nirvana Fitness Nicoletta S 3	17:00 18:00 Active Gluteus Ivano S 1
17:00 18:00 Active Gluteus Ivano S 1	18:00 19:00 Functional Power Camilla S 1	18:00 18:45 Pound Fit Nicoletta S 3	18:00 18:50 G.A.G Ivano S 1	18:00 18:50 Fit Pilates Nicoletta S 3
18:00 19:00 Power Pump Ivano S 1	18:00 19:00 Cycle Daniela S 2	18:00 19:00 Functional Training Alessandro S 1	18:00 19:00 Cycle Mariangela S 2	18:00 19:00 Power Pump Ivano S 1
19:00 19:45 FitBoxe Nicoletta S 2	19:00 19:50 Core Pilates Nicoletta S 3	18:50 19:35 Pound Unplugged Nicoletta S 3	19:00 19:50 Fit Pilates Nicoletta S 3	19:00 19:50 Flow Nirvana Nicoletta S 3
19:00 20:00 AdvancedTraining Ivano S 1	19:00 20:00 Cycle Daniela S 2	19:00 20:00 Ritmo do Brazil Ylenia/Krizia S 1	19:00 20:00 Cycle Mariangela S 2	19:00 20:00 AdvancedTraining Ivano S 1
19:50 20:35 Postural Nicoletta S 3	19:00 19:50 Interval Training Giulia S 1	19:00 20:00 Kettlebell Alessandro S 1	19:00 20:00 Total Tone Ylenia/Krizia S 1	

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE