

PLANNING CORSI FITNESS DAL 12/10/2020

MATTINA

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
07:45 08:30 Fit Pilates Nicoletta	07:15 08:00 Functional Power Ivano	11:10 12:00 Stretching Sara	07:45 08:30 Fit Pilates Nicoletta	11:00 11:50 Stretching Gianluca	10:30 11:20 Cardio Noemi	11:00 11:50 Spinning Daniela/Elisa
11:30 12:20 Stretch&Tone Massimo	11:00 11:45 Pancastretch Fabio				11:30 12:20 Total Tone Noemi	

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 Military Fitness Ivano
13:00 13:45 Pound Fit Nicoletta	12:00 12:50 Spinning Mariangela	13:10 14:00 Military Fitness Ivano	13:00 13:50 Spinning Mariangela	13:00 13:30 Power Circuit Gianluca	13:30 14:20 Power Circuit Ivano
13:10 14:00 Total Tone Ivano	13:00 13:50 Spinning Mariangela		13:05 13:50 Nirvana Fitness Nicoletta		
	13:00 13:45 Fit Pilates Nicoletta		13:10 14:00 Abdominal Ivano		

POMERIGGIO / SERA

17:00 17:50 Total Body 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 18:45 Zumba Fitness Fabiana	18:00 18:50 Spinning Daniela	18:00 18:50 G.A.G Noemi	18:00 18:50 Spinning Mariangela	18:00 18:50 Power Pump Ivano
18:00 18:50 Power Pump Ivano	18:00 18:50 Functional Power Camilla	18:55 19:40 Pound Fit Nicoletta	19:00 19:50 Spinning Mariangela	18:00 18:45 Fit Pilates Nicoletta
19:00 19:50 Yoga Fit Tatiana	19:00 19:45 Fit Pilates Nicoletta	19:00 19:50 Zumba Fitness Noemi	19:00 19:50 Fit Pilates Nicoletta	19:00 19:45 Nirvana Fitness Nicoletta
19:00 19:50 AdvancedTraining Ivano	19:00 19:50 Interval Training Giulia	20:00 20:30 ABS Noemi		19:00 19:50 AdvancedTraining Ivano
20:00 20:30 Functional Power Ivano	20:00 20:30 Power Circuit Giulia			

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE