

PLANNING CORSI FITNESS DAL 12/07/2021

MATTINA

PAUSA PRANZO

POMERIGGIO / SERA

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			DOMENICA		
07:45 08:30	Fit Pilates Nicoletta	S 3	07:15 08:00	Functional Power Ivano	S 2	11:10 12:00	Stretching Sara	S 3	07:45 08:30	Fit Pilates Nicoletta	S 3	11:00 11:50	Stretching Gianluca	S 3	10:30 11:20	Cardio Noemi	S 2	11:00 11:50	Spinning Daniela/Mariangela	S 2
11:30 12:20	Stretch&Tone Massimo	S 2	11:00 11:45	Pancastretch Fabio	S 3				11:30 12:20	Total Tone Noemi	S 2									
12:30 13:00	Step Ivano	S 2	12:00 12:45	Fit Pilates Nicoletta	S 3	12:30 13:00	Fat Killer Ivano	S 2	12:10 12:55	Nirvana Fitness Nicoletta	S 3	12:00 12:50	Dance Fitness Gianluca	S 3	12:30 13:20	Military Fitness Ivano	S 2			
13:00 13:45	Pound Fit Nicoletta	S 3	13:00 13:50	Spinning Mariangela	S 2				13:10 14:00	Military Fitness Ivano	S 2				13:00 13:50	Spinning Mariangela	S 2	13:00 13:30	Power Circuit Gianluca	S 3
13:10 14:00	Total Tone Ivano	S 2	13:00 13:45	Fit Pilates Nicoletta	S 3				13:05 13:50	Nirvana Fitness Nicoletta	S 3									
						13:10 14:00	Abdominal Ivano	S C												
17:00 17:50	Total Body Ivano	S 2	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	17:00 17:50	Active Gluteus Ivano	S 2						
18:00 18:50	Power Pump Ivano	S 2	18:00 18:50	Spinning Daniela	S 2				18:00 18:50	G.A.G Noemi	S 2				18:00 18:50	Spinning Mariangela	S 2	18:00 18:50	Power Pump Ivano	S 2
18:00 18:45	Zumba Fit Krizia/Tatiana	S 3	18:00 18:50	FunctionalPower Camilla	S C	18:55 19:40	Pound Fit Nicoletta	S 3	19:00 19:50	Spinning Mariangela	S 2	18:00 18:45	Fit Pilates Nicoletta	S 3						
19:00 19:50	AdvancedTraining Ivano	S 2	19:00 19:45	Fit Pilates Nicoletta	S 3	19:00 19:50	Zumba Fitness Noemi	S 2	19:00 19:50	Fit Pilates Nicoletta	S 3	19:00 19:45	Nirvana Fitness Nicoletta	S 3						
			19:00 19:50	Interval Training Giulia	S 2							20:00 20:30	A.B.S Noemi	S 2	19:00 19:50	AdvancedTraining Ivano	S 2			

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE