

PLANNING CORSI FITNESS DAL 9 GENNAIO 2023

MATTINA

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

PAUSA PRANZO

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

POMERIGGIO / SERA

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

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE