

PLANNING CORSI FITNESS DAL 4 MARZO 2024



MATTINA

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

PAUSA PRANZO

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

POMERIGGIO / SERA

16:30 17:00 Abdominal Circuit Ivano	18:00 18:50 Fit Pilates Nicoletta	17:30 18:00 Full Body Alessandro	18:00 18:50 Nirvana Fitness Nicoletta	16:30 17:00 Low Body Alessandro	17:00 18:00 Kettlebell Alessandro/Simone
17:00 18:00 Active Gluteus Ivano	18:00 19:00 Functional Power Camilla	18:00 18:45 Pound Fit Nicoletta	18:00 18:50 G.A.G Ivano	17:00 18:00 Active Gluteus Ivano	
18:00 19:00 Power Pump Ivano	18:00 19:00 Cycle Daniela	18:00 19:00 Functional Training Alessandro	18:00 19:00 Cycle Mariangela	18:00 18:50 Fit Pilates Nicoletta	
19:00 19:50 FitBoxe Nicoletta	19:00 19:50 Core Pilates Nicoletta	18:55 19:40 Pound Unplugged Nicoletta	19:00 19:50 Fit Pilates Nicoletta	18:00 19:00 Power Pump Ivano	
19:00 20:00 AdvancedTraining Ivano	19:00 20:00 Cycle Daniela	19:00 20:00 Ritmo do Brazil Ylenia/Krizia	19:00 20:00 Total Tone Ylenia/Krizia	19:00 19:50 Flow Nirvana Nicoletta	
20:00 20:30 Postural Nicoletta	19:00 20:00 Interval Training Giulia	19:00 20:00 Calisthenics Simone	19:00 20:00 Cycle Mariangela	19:00 20:00 AdvancedTraining Ivano	

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE