

PLANNING CORSI FITNESS DAL 23 SETTEMBRE 2024



	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA														
MATTINA	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 a rotazione	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 a rotazione	S 1	11:00 11:45	Pancastretch Federico	S 3				11:25 12:10	Fit Pilates Nicoletta	S 3				12:00 12:30	Stretching a rotazione	S 1			
			11:05 12:00	Yoga Mind Francesca	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	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	19:00 20:00	Calisthenics Nikolas	S 1						

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE