

# PLANNING CORSI FITNESS DAL 14 OTTOBRE 2024



MATTINA

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
	07:45 08:30 <b>Nirvana Fitness</b> Nicoletta S 3	07:15 08:00 <b>Functional Power</b> Ivano S 1	10:00 10:55 <b>Core Training</b> Sara S 1	07:45 08:30 <b>Fit Pilates</b> Nicoletta S 3	07:15 08:00 <b>Interval Training</b> Giulia S 1	10:00 11:00 <b>TAI CHI</b> Salvatore S 1	10:30 11:30 <b>Cycle</b> Mariangela S 2
	10:30 11:15 <b>Pancastretch</b> Nicoletta S 3	10:10 10:55 <b>Pancastretch</b> Federico S 3	11:10 12:00 <b>Stretching</b> Sara S 1	10:15 11:15 <b>Postural Yoga</b> Francesca S 1	11:00 11:50 <b>Power Stretching</b> Gianluca S 1	11:00 12:00 <b>G.A.G</b> a rotazione S 1	
	11:30 12:20 <b>Stretch&amp;Tone</b> Nicoletta S 1	11:00 11:45 <b>Pancastretch</b> Federico S 3		11:25 12:10 <b>Fit Pilates</b> Nicoletta S 3		12:00 12:30 <b>Stretching</b> a rotazione S 1	
		11:05 12:00 <b>Yoga Mind</b> Francesca S 1					

PAUSA PRANZO

	12:30 13:00 <b>Step</b> Ivano S 1	12:00 12:50 <b>Fit Pilates</b> Nicoletta S 3	12:30 13:00 <b>Upper Body</b> Ivano S 1	12:15 13:00 <b>Nirvana Fitness</b> Nicoletta S 3	12:00 12:50 <b>Dance Fitness</b> Gianluca S 1	12:30 13:30 <b>Functional Power</b> Ivano S 1
	12:30 13:15 <b>Pound Fit</b> Nicoletta S 3	12:50 13:40 <b>Core Pilates</b> Nicoletta S 3	13:00 14:00 <b>Fat Killer</b> Ivano S 1	13:00 13:50 <b>Flow Nirvana</b> Nicoletta S 3	13:00 13:45 <b>Power Circuit</b> Gianluca S 1	13:30 14:00 <b>Power Circuit</b> Ivano S 1
	13:00 14:00 <b>Super Tone</b> Ivano S 1	13:00 14:00 <b>Cycle</b> Mariangela S 2		13:00 14:00 <b>Cycle</b> Mariangela S 2		
		13:00 13:50 <b>Flexy&amp;Tone</b> Giulia S 1				

POMERIGGIO / SERA

	16:30 17:00 <b>Abdominal Circuit</b> Ivano S 1	18:00 18:50 <b>Fit Pilates</b> Nicoletta S 3	17:30 18:00 <b>Full Body</b> Alessandro S 1	18:00 18:50 <b>Nirvana Fitness</b> Nicoletta S 3	17:00 18:00 <b>Active Gluteus</b> Ivano S 1
	17:00 18:00 <b>Active Gluteus</b> Ivano S 1	18:00 19:00 <b>Functional Power</b> Camilla S 1	18:00 18:45 <b>Pound Fit</b> Nicoletta S 3	18:00 18:50 <b>G.A.G</b> Ivano S 1	18:00 18:50 <b>Fit Pilates</b> Nicoletta S 3
	18:00 19:00 <b>Power Pump</b> Ivano S 1	18:00 19:00 <b>Cycle</b> Daniela S 2	18:00 19:00 <b>Functional Training</b> Alessandro S 1	18:00 19:00 <b>Cycle</b> Mariangela S 2	18:00 19:00 <b>Power Pump</b> Ivano S 1
	19:00 19:45 <b>FitBoxe</b> Nicoletta S 2	19:00 19:50 <b>Core Pilates</b> Nicoletta S 3	18:50 19:35 <b>Pound Unplugged</b> Nicoletta S 3	19:00 19:50 <b>Fit Pilates</b> Nicoletta S 3	19:00 19:50 <b>Flow Nirvana</b> Nicoletta S 3
	19:00 20:00 <b>AdvancedTraining</b> Ivano S 1	19:00 20:00 <b>Cycle</b> Daniela S 2	19:00 20:00 <b>Ritmo do Brazil</b> Ylenia/Krizia S 1	19:00 20:00 <b>Cycle</b> Mariangela S 2	19:00 20:00 <b>AdvancedTraining</b> Ivano S 1
	19:50 20:35 <b>Postural</b> Nicoletta S 3	19:00 19:50 <b>Interval Training</b> Giulia S 1	19:00 20:00 <b>Kettlebell</b> Alessandro S 1	19:00 20:00 <b>Total Tone</b> Ylenia/Krizia S 1	19:00 20:00 <b>Calisthenics</b> Nikolas S 1
	20:00 20:30 <b>G.A.G</b> Ivano S 2				

PER PARTECIPARE AI CORSI E' OBBLIGATORIA LA PRENOTAZIONE