




LUN	SALA 1	SALA 2	SALA 3
8:00			
9:00	PILATES Fitness		
10:00	YOGA POSTURALE Fitness		AMA 
11:00			
12:00			
13:00			
14:00			
16:00			AMA 
17:15	PILATES Fitness STEP	CIRCUIT TRAINING Gin. Aerobica	AMA 
18:15	Gin. Aerobica GRIT		POSTURALE Fitness SHAPES
19:15	Gin. Aerobica	KICK BOXING	Fitness
20:15			

MAR	SALA 1	SALA 2	SALA 3
8:00			
9:00			
10:00			AMA 
11:00	POSTURALE Fitness	AMA 	
12:00			
13:00	SHAPES Fitness		
15:00			EFA 
16:00			AMA 
17:15	FLEX & STRETCH Fitness ZUMBA		
18:15	Gin. aerobica FIT BOXE	PILATES Fitness PILATES	YOGA Fitness CX
19:15	Gin. Aerobica	Fitness	Gin. Aerobica
20:15			

MER	SALA 1	SALA 2	SALA 3
8:00			
9:00	PILATES Fitness		
10:00			
11:00			AMA 
12:00			
13:00			
14:00			
16:00			AMA 
17:15	PILATES Fitness PILATES	CIRCUIT TRAINING Gin. Aerobica STEP	AMA 
18:15	Fitness SHAPES	Gin. Aerobica GRIT	POSTURALE Fitness CALISTHENICS
19:15	Fitness	Gin. Aer.	Gin. Aerobica
20:15			

GIO	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00	POSTURALE Fitness		
12:00			
13:00	TOTAL BODY Gin. aerobica		
14:00			
15:00			
16:15			
17:15	FLEX & STRETCH Fitness ZUMBA		YOGA Fitness CX
18:15	Gin. aerobica		Gin. Aerobica
19:15	KICK BOXING		
20:15			

VEN	SALA 1	SALA 2	SALA 3
9:00			
10:00	YOGA POSTURALE Fitness		AMA 
11:00		AMA 	AMA 
12:00			
13:00			
14:00			
15:00			EFA 
16:00			AMA 
17:15	SHAPES Fitness		PILATES Fitness
18:15	FULL IMPACT POWER Gin. Aer. ABDOMINAL CIRCUIT		
19:15	Gin. Aer.		CALISTHENICS Gin. Aerobica
20:00			

VALIDO DAL 1° AL 30 GIUGNO

I corsi si terranno con un minimo di 7 partecipanti.

**E' NECESSARIO PORTARE UN TAPPETINO PERSONALE
(tranne Zumba, Step)**