

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

MAR	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00			
12:00			
13:00			
14:00			
16:00			
16:15			
17:15			
18:15	PILATES Fitness		
19:15	FIT BOXE Gin. Aerobica		CX Gin. Aerobica
20:00			

MER	SALA 1	SALA 2	SALA 3
9:00			
10:00			
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:15	PILATES Fitness		
18:15			
19:15	SHAPES YOGA Fitness		CALISTHENICS Gin. Aerobica
20:00			

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

VEN	SALA 1	SALA 2	SALA 3
9:00			
10:00			AMA 
11:00			
12:00			
13:00			
14:00			
15:00			
16:00			
17:15			
18:15	PILATES Fitness	FULL IMPACT POWER Gin. Aer.	
19:15	ABD CIRCUIT+GRIT Gin. Aer.		CALISTHENICS Gin. Aerobica
20:00			

PLANNING LUGLIO

I corsi si terranno con un minimo di 7 partecipanti.

E' NECESSARIO PORTARE UN TAPPETINO PERSONALE
(tranne Fitboxe e Kick Boxing)