

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

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

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

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

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

SAB	SALA 1	SALA 2	SALA 3
9:00	FRESH YOGA Fitness		
10:00	FULL IMPACT POWER Gin. Aer.		

DOM	SALA 1	SALA 2	SALA 3
9:00			
10:00	PILATES MATWORK Fitness		

I corsi si terranno con un minimo di 7 partecipanti.

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