

PLANNING FITNESS

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	LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO		
09.00	W	PILATES MAT*	MARTA	F	POSTURAL T*	STEFANIA	W	FIT BALANCE*	MARTA	F	RISVEGLIO MUSCOLARE *	STEFANIA	W	POSTURAL YOGA *	MARTA	F	POSTURAL T*	ALESSIA
09.15	F	TOTAL BODY	GIUSY	W	9.00 PILATES MAT*	NICOLETTA	F	CIRCUIT TRAINING	GIUSY	W	PILATES MAT*	NICOLETTA	F	GAG	GIUSY			
10.00	W	POSTURAL YOGA *	MARTA	F	GINN. DOLCE*	STEFANIA	W	PILATES MAT*	MARTA	F	GINN. DOLCE *	STEFANIA	W	FIT BALANCE*	MARTA	F	AEROFIT	ALESSIA
10.15	F	POSTURAL T*	GIUSY	W	10.00 TONIC ZONE	EUGENIA	F	POSTURAL T*	GIUSY	W	TONIC ZONE	EUGENIA	F	POSTURAL T*	GIUSY			
11.00				F	PILATES MAT*	STEFANIA				F	POSTURAL T*	STEFANIA				F	ZUMBA	MARY
11.15	F	POSTURAL PILATES*	GIUSY				F	POSTURAL T*	GIUSY				F	PILATES GYM*	GIUSY			
13.30	F	TONE UP	MARY	F	FUNCTIONAL BOXING	MARCO V	F	PILATES MAT*	ALESSIA	F	FUNCTIONAL BOXING	MARCO V	F	PILATES MAT*	ALESSIA			
16.00				F	POSTURAL T*	GIUSY				F	POSTURAL T*	GIUSY		TOTAL BODY	ALE	<p>SALA CARDIO ISOTONICA: dal LUN al VEN 09.00 - 21.30 SABATO 09.00 - 18.30 DOMENICA 10.00 - 13.00</p>		
17.00	F	PUMP'S ART	ALE	F	GAG	GIUSY		TONE UP	ALE	F	CIRCUIT TRAINING	GIUSY	F	CARDIOBOXE	SIMONA			
17.15	W	GINN. DOLCE *	STEFANIA				W	GINN. DOLCE*	STEFANIA				W	GINN. DOLCE *	ALESS			
18:00	F	STEP TONE	SIMONA	F	TOTAL BODY	MIRKO	F	PUMP'S ART	SIMONA	F	STEP & TONE	MIRKO	F	PUMP'S ART	SIMONA			
18:15	W	POSTURAL T*	STEFANIA	W	CARDIOPILATES *	ALESSIA	W	PILATES MAT*	STEFANIA	W	CARDIOPILATES *	ALESSIA	W	POSTURAL T*	ALESS			
19:00	F	GAG	SIMONA	F	FUNCTIONAL	DARIO	F	INTERVAL TRAINING	SIMONA	F	FUNCTIONAL	DARIO	F	FUNCTIONAL BOXING	MARCO V.	<p>Infoline 06 820.594.24 329 844.8480</p>		
19:15	W	PILATES MAT*	STEFANIA	W	POSTURAL T*	ALESSIA	W	POSTURAL T*	STEFANIA	W	POSTURAL T*	ALESSIA	W	PILATES MAT*	ALESS			
20:00	F	FUNCTIONAL BOXING	MARCO V.				F	FUNCTIONAL BOXING	MARCO V.									

* LEZIONE SU PRENOTAZIONE Le attività potranno subire variazioni a discrezione della direzione tecnica