



ORARIO CORSI

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'		
S.AZZURRA	S. ROSA	S. WALK	S.AZZURRA	S. ROSA	S. WALK	S.AZZURRA	S. ROSA	S. WALK	S.AZZURRA	S. ROSA	S. WALK	S.AZZURRA	S. ROSA	S. WALK
9,00-10,00 TONO & STRETCH Patrizia					9,00-9,30 WALKING Roby	9,00-10,00 TONO & STRETCH Patrizia					9,00-9,30 WALKING Roby	9,00-10,00 TONO & STRETCH Patrizia		
10,00-11,00 TOTAL BODY Patrizia			9,30-10,30 TIME FOR FIT Roberta	9,30-10,30 PILATES INT/ AVANZATO Giulia		10,00-11,00 TOTAL BODY Patrizia			9,30-10,30 TIME FOR FIT Roberta	9,30-10,30 PILATES INT/ AVANZATO Giulia		10,00-11,00 TOTAL BODY Patrizia		
13,15-14,15 BODY SCULPT Giulia	13,00-14,30 YOGA Beppe		13,15-14,15 SPINNING Francesca	13,15-14,15 FITBOXE & TONE Alessio			13,15-14,15 TOTAL BODY Giulia	13,15-14,15 WALKING Francesca	13,15-14,15 SPINNING Francesca	13,15-14,15 FITBOXE & TONE Alessio		13,15-14,15 POWER PUMP Giulia		
	17,30-18,30 TIME FOR FIT Andrea		17,30-18,15 BODY SCULPT Barbara				17,30-18,30 TIME FOR FIT Andrea		17,30-18,15 BODY SCULPT Barbara				17,30-18,30 TIME FOR FIT Andrea	
18,45-19,30 TOTAL BODY Simona	18,30-19,30 BODY SCULPT Inna		18,15-18,45 G.A.G. Barbara		18,30-19,15 WALKING Paolo	18,45-19,30 TOTAL BODY Simona	18,30-19,30 BODY SCULPT Inna		18,15-18,45 G.A.G. Barbara		18,30-19,15 WALKING Paolo	18,30-19,30 TOTAL BODY Inna	18,30-19,30 ALLENAMENTO FUNZIONALE Filippo	
19,30-20,00 G.A.G. Simona	19,30-20,15 PILATES base Inna	19,30-20,15 WALKING Francesca	19,30-20,15 POWER PUMP Paolo	19,30-20,15 PILATES INT/ AVANZATO Giulia	19,30-20,15 WALKING Francesca	19,30-20,00 G.A.G. Simona	19,30-20,15 PILATES base Inna	19,30-20,15 WALKING Francesca	19,30-20,15 POWER PUMP Paolo	19,30-20,15 PILATES INT/ AVANZATO Giulia	19,30-20,15 WALKING Francesca	19,30-20,15 PILATES base Inna	20,00-21,30 YOGA Beppe	
20,00-20,15 STRETCH Simona	20,15-21,15 ALL. FUNZIONALE Filippo	20,15-21,00 WALKING Simona		20,15-21,15 CIRCUIT TRAINING Paolo		20,00-20,15 STRETCH Simona	20,15-21,15 ALL. FUNZIONALE Filippo	20,15-21,00 WALKING Simona		20,15-21,15 CIRCUIT TRAINING Paolo				
20,15-21,15 SPINNING Francesca			20,30-21,30 PRE SCIISTICA Filippo			20,15-21,15 SPINNING Francesca			20,30-21,30 PRE SCIISTICA Filippo					

L'ORARIO DEI CORSI PUO' SUBIRE ALCUNE MODIFICHE