



ORARIO CORSI DALL'11 GENNAIO 2010

Lunedì	9,30-10,30 TOTAL BODY Carla	10,30-11,00 STRETCH Carla	13,15-14,15 BODY SCULPT Giulia	13,00-14,30 YOGA Giuseppe	17,30-18,30 TIME FOR FIT Daria	18,30-18,45 STRETCH Daria	18,45-19,30 FITBOXE & TONE Daria	18,45-19,30 TOTAL BODY Simona	19,30-20,15 CIRCUIT TRAINING Daria	19,30-20,00 G.A.G. Simona	20,00-20,15 STRETCH Simona	20,15-21,00 TOTAL BODY Simona	21,00-21,15 STRETCH Simona	
	9,30-10,30 BODY SCULPT Roberta	9,30-10,30 PILATES & STRETCH Giulia	13,15-14,15 SPINNING Francesca	13,15-14,15 FITBOXE & TONE Alessio	17,00-17,45 SUPER G.A.G. Carla	17,45-18,15 TONE UP Carla	18,15-18,45 STRETCH Carla	18,45-19,30 CIRCUIT TRAINING Paolo	18,45-19,30 PILATES Giulia	19,30-20,15 POWER PUMP Paolo	19,30-20,15 PILATES Giulia	20,15-21,15 SPINNING Paolo		
Mercoledì	9,30-10,30 TOTAL BODY Carla	10,30-11,00 STRETCH Carla	13,15-14,15 POWER PUMP Giulia				18,00-18,45 BODY SCULPT Kety	18,45-19,30 TOTAL BODY Simona	18,45-19,30 PILATES MAT 1 Kety	19,30-20,30 CIRCUIT TRAINING Kety	19,30-20,00 G.A.G. Simona	20,00-20,15 STRETCH Simona	20,15-21,15 SPINNING Francesca	20,30-22,00 YOGA AVANZATO (n° chiuso) Giuseppe
	9,30-10,30 BODY SCULPT Roberta	9,30-10,30 PILATES & STRETCH Giulia	13,15-14,15 SPINNING Francesca	13,15-14,15 FITBOXE & TONE Alessio	17,00-17,45 SUPER G.A.G. Carla	17,45-18,15 TONE UP Carla	18,15-18,45 STRETCH Carla	18,45-19,30 CIRCUIT TRAINING Paolo	18,45-19,30 PILATES Giulia	19,30-20,15 POWER PUMP Paolo	19,30-20,15 PILATES Giulia	20,15-21,15 SPINNING Paolo	20,30-22,00 DIFESA PERSONALE (corso a pagamento) Alessio	
Venerdì	9,30-10,30 TOTAL BODY Carla	10,30-11,00 STRETCH Carla	13,15-14,15 TOTAL BODY Giulia		17,30-18,30 TIME FOR FIT Kety	18,30-18,45 STRETCH Kety	18,45-19,30 TOTAL BODY Kety	19,30-20,00 G.A.G. Kety	20,00-21,30 YOGA Giuseppe					

L'ORARIO DEI CORSI PUO'SUBIRE ALCUNE MODIFICHE