



# CORSI 2019 - FITNESS

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
09:00 - 10:00 POSTURAL YOGA (TON) GABRIELA - sala parquet	9:00 - 10:00 STRETCH. PROFONDO (FLEX) LAURA - sala parquet	09:00 - 10:00 POSTURAL PILATES (FLEX) GABRIELA - sala parquet	09:00 - 10:00 STRETCH. PROFONDO (FLEX) LAURA - sala parquet	09:00 - 10:00 ODAKA YOGA (TON) GABRIELA - sala parquet	
10:00 - 11:00 AEROBIC REVIVAL (DIM) GABRIELA - sala parquet	10:00 - 11:00 PILATES (FLEX) LAURA - sala parquet	10:00 - 11:00 HATHA YOGA FLOW (TON) GABRIELA - sala parquet	10:00 - 11:00 PILATES (FLEX) LAURA - sala parquet	10:00 - 11:00 STRETCH. MIOFASCIALE (FLEX) GABRIELA - sala parquet	10:00 - 11:00 PILATES (FLEX) SILVIA - sala parquet
11:00 - 12:00 PILATES (FLEX) GABRIELA - sala parquet	10:30 - 11:30 BALLA & BRUCIA (DIM) MARCELLA - sala verde	11:00 - 12:00 PILATES (FLEX) GABRIELA - sala parquet	10:30 - 11:30 BALLA & BRUCIA (DIM) MARCELLA - sala verde	11:00 - 12:00 PILATES (FLEX) GABRIELA - sala parquet	11:00 - 12:00 EASY STEP (DIM) SILVIA - sala parquet
12:45 - 13:30 FUNCTIONAL TRAINING (MIX) SILVIA - sala parquet	11:00 - 12:00 TONE UP (TON) LAURA - sala parquet	12:45 - 13:30 STEP-TON (DIM) SILVIA - sala parquet	11:00 - 12:00 TOTAL BODY (TON) LAURA - sala parquet	12:45 - 13:30 FUNCTIONAL PILATES (MIX) GABRIELA - sala parquet	
	12:45 - 13:30 FUNCTIONAL TRAINING (MIX) SILVIA - sala parquet		12:45 - 13:30 FUNCTIONAL TRAINING (MIX) SILVIA - sala parquet		

16:45 - 18:00 AIKI-TAISO CESARINO - sala tatami	17:30 - 18:30 FUNCTIONAL RACK (MIX) ANDREA - sala soft				
18:00 - 19:00 PILATES (FLEX) LAURA - sala parquet	18:00 - 19:00 KICK BOXING TEEN RICCARDO - sala tatami	18:00 - 19:00 PILATES (FLEX) LAURA - sala tatami	18:00 - 19:00 PILATES max 12 pers * (FLEX) LAURA - sala soft	18:00 - 19:00 KICK BOXING TEEN RICCARDO - sala tatami	
* 18:30 - 19:30 PUMP max 10 pers (MIX) SIMONA - sala soft	18:00 - 18:30 EASY STEP (DIM) SILVIA - sala parquet	18:00 - 19:00 FIT BOXE (MIX) SIMONA - sala parquet	18:00 - 18:30 EASY STEP (DIM) SILVIA - sala parquet	18:30 - 19:30 FUNCTIONAL RACK (MIX) ANDREA - sala parquet	
19:00 - 20:00 MIO FASCIALE (FLEX) LAURA - sala parquet	18:30 - 19:00 A.B.S. (MIX) SILVIA - sala parquet	19:00 - 20:00 * MIO FASCIALE max 10 pers. (FLEX) LAURA - sala chinesis	18:30 - 19:00 A.B.S. (MIX) SILVIA - sala parquet		
* 19:30 - 20:00 HIT max 10 pers (MIX) SIMONA - sala soft	19:00 - 20:00 CROSS-TRAINING FUNCTIONAL (DIM) SILVIA - sala parquet		19:00 - 20:00 CROSS-TRAINING FUNCTIONAL (DIM) SILVIA - sala parquet		
	19:00 - 20:00 PILATES (FLEX) MATTIA - sala tatami		19:00 - 20:00 PILATES max 12 pers * (FLEX) LAURA - sala soft		
	20:00 - 21:00 PILATES (FLEX) MATTIA - sala tatami		20:00 - 21:00 BALLA & BRUCIA (DIM) MARCELLA - sala parquet		
	20:00 - 21:00 BALLA & BRUCIA (DIM) MARCELLA - sala parquet		20:00 - 21:00 * STEP-TON max 12 pers (DIM) SILVIA - sala soft		
	20:00 - 21:00 * STEP-TON max 12 pers (DIM) SILVIA - sala soft				

\* CORSI SU PRENOTAZIONE  
DA EFFETTUARE IN SEGRETERIA

LEGENDA
CORSO TEEN 13-16 anni
FLEX = FLESSIBILITA'
DIM = DIMAGRANTE
MIX = DI TUTTO UN PO'
TON = TONIFICAZIONE e RASSODAMENTO