

CORSI FITNESS DAL 11 MARZO 2019

	LUN	MAR	MER	GIO	VEN
M A T T I N O	9:00 - 9:45 FISIO POSTURAL Hilary		8:45 - 9:30 YOGA Stefano	9:30 - 10:30 TOTAL BODY Grazia	
	9:30 - 10:15 SUPER JUMP Mauro	9:30 - 10:15 FUNCTIONAL PILATES Alessia	9:30 - 10:15 POWER PUMP Stefano	10:30 - 11:00 PILOXING Grazia	9:30 - 10:15 FUNCTIONAL PILATES Alessia
	10:15 - 10:30 G.&G. Mauro	10:15 - 11:00 BRUCIA GRASSI Alessia	10:15 - 11:00 PILOGA Stefano	11:15 - 12:00 YOGA Elisa	10:15 - 11:00 CARDIO TONE Alessia
P R A N Z A	10:30 - 11:00 X-CORE Mauro	13:00 - 13:45 YOGA Elisa		13:00 - 13:45 POSTURAL PILATES Federica	13:00 - 13:45 WELLBACK Matteo
	13:00 - 13:45 WELLBACK Federica	13:00 - 13:45 BRUCIA GRASSI Alessia	13:00 - 13:45 SUSPENSION TRAINING Matteo	13:00 - 13:45 CARDIO TONE Mauro	13:00 - 13:45 POWER PUMP Alessia
	13:00 - 13:45 CROSS TRAINING Matteo	17:45 - 18:30 JUMP TOTAL BODY Grazia	17:30 - 18:15 SUPER JUMP Mauro	17:30 - 18:15 Marina ZUMBA FITNESS	17:30 - 18:15 PILOGA Stefano
P O M E R I G I O	17:45 - 18:15 BRUCIA GRASSI Mauro	18:30 - 19:00 G.A.G. Stefano	18:15 - 19:00 BRUCIA GRASSI Alessia	18:15 - 18:45 G.A.G. Alessia	18:15 - 19:00 FISIO POSTURAL Hilary
	18:15 - 19:00 SUPER JUMP Mauro	19:00 - 19:30 HIIT Lorenzo	18:30 - 19:00 X- CORE Mauro	18:45 - 19:30 FAT BURNING STEP Alessia	18:15 - 18:45 X- CORE Stefano
	18:45 - 19:30 START 2 CROSS Daniele	19:15 - 20:00 WELLBACK Matteo	18:30 - 19:15 SUSPENSION TRAINING Emanuele	19:15 - 20:00 WELLBACK Matteo	18:45 - 19:30 CARDIO STEP Stefano
S E R A	18:45 - 19:30 AEROBOX Marco	19:30 - 20:15 CROSS TRAINING Lorenzo	19:00 - 19:45 POWER PUMP Alessia	19:30 - 20:15 CROSS TRAINING Daniele	19:00 - 19:30 SUSPENSION TRAINING Marco
	19:15 - 19:45 X- CORE Mauro		18:45 - 19:30 YOGA Elisa		19:30 - 20:15 PILOGA Stefano
	19:15 - 20:00 POSTURAL Matteo		19:15 - 20:00 FISIO POSTURAL Hilary		19:30 - 20:15 CROSS TRAINING Marco
	19:30 - 20:15 CROSS TRAINING Daniele		19:15 - 19:45 HIIT Emanuele		
	19:45 - 20:30 POWER PUMP Mauro		19:45 - 20:30 CROSS TRAINING Emanuele		
		19:45 - 20:30 POSTURAL PILATES Federica			

SABATO MASTER CLASS

DOMENICA MASTER CLASS

● SALA PIANO TRIBUNE

● SALA NATURA

● SALA SOPRA IL BAR

TONIFICAZIONE

CARDIO TONO

CARDIO

OLISTICO
EXTRA ABBONAMENTO



**TUTTI I CORSI SONO SU
PRENOTAZIONE.**

OBBLIGATORIO CERTIFICATO MEDICO
PER ATTIVITA' SPORTIVA NON
AGONISTICA