

PLANNING SETTIMANALE CORSI 2024/25

Tipologia Corsi



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.30/10.15 STEP TONE WORKOUT Silvia P.	09.30/10.30 FUNCTIONAL CIRCUIT Kate	09.30/10.15 DANCE & TONE Silvia P.	09.30/10.30 TOTAL TONE Barbara	09.30/10.30 SOFT TONE Kate	
10.30/11.15 ABS AND UPPER TONE Silvia P.	10.30/11.30 MORNING FLOW Kate	10.30/11.15 FIT BALL WORKOUT Silvia P.	10.30/11.30 MOBILITY Barbara	10.30/11.30 POSTURAL MOBILITY Kate	10.00/11.00 PILATES Angelo
12.30/13.15 CROSS TRAINING Mario	12.45/13.30 FUNCTIONAL TRAINING Silvia F.	12.30/13.15 TONIFICAZIONE Diela		12.45/13.30 FUNCTIONAL TRAINING Silvia F.	
		17.15/18.00 TABATA CIRCUIT Silvia F.			
18.00/19.00 FUNZIONALE Silvia F.	18.30/19.15 GLUTEI SCULPT Silvia P.	18.00/18.45 TABATA CIRCUIT Silvia F.	18.00/19.00 FUNZIONALE Silvia F.		
19.00/20.00 FUNZIONALE Silvia F.	19.15/20.00 BODY SHAPE WORKOUT Silvia P.	19.00/20.00 FIT BOXE Alfonso	19.00/20.00 FUNZIONALE Silvia F.		
	20.00/21.00 SPINNING Felix	20.00/21.00 ZUMBA Diela	20.00/21.00 PILATES Angelo	19.30/20.30 SPINNING Felix	