

Lunedì - Mercoledì - Venerdì #NOVEMBRE

	sala A	sala B	sala C	Cycling	Esterno
7:00					
7:30					FITWALK <i>Alessandra L.</i>
8:00	BODY TONE <i>Alessandra L.</i>	CROSS TRAINING <i>Alberto S.</i>			
8:30	GINNASTICA POSTURALE <i>Alessandra L.</i>	INTERVAL TRAINING <i>Daniela M.</i>	HATA YOGA <i>Valeria R.</i>		
9:00		UPPER BODY <i>Daniela M.</i>			
9:30	GAG <i>Daniela M.</i>	FUNCTIONAL MIX <i>Alessandra L.</i>		CYCLING <i>Alberto S.</i>	
10:00					
10:30	PILATES <i>Daniela S.</i>	TONIFICAZIONE <i>Alessandra L.</i>			
11:00					
11:30	ABS <i>Daniela S.</i>				
12:00	POSTURAL <i>lun-ven</i> <i>Daniela S.</i>				
12:30					
13:00	STRETCHING <i>Daniela S.</i>				
13:30	PILATES intermedi <i>Daniela S.</i>	KICK BOXING <i>Valentina C.</i>	CROSS POWER TRAINING <i>Andrea T.</i>	CYCLING 13:15-14:00 <i>Andrea P.</i>	
14:00					
14:30	STRETCHING <i>Daniela S.</i>	TECNICA <i>Valentina C.</i>		CYCLING <i>Andrea T.</i>	
15:00	POST RUNNING <i>Andrea P.</i>				
15:30			TONE UP <i>Mix Arms&Legs Andrea T.</i>		
16:00					
16:30					
17:00	POSTURAL STRETCHING <i>Carla O.</i>	CARDIO CONDITIONING high impact <i>Valeria S.</i>	PUGILATO avanzati <i>Roberto Franceschi</i>		
17:30					
18:00	PILATES <i>Carla O.</i>	TOTAL BODY <i>Daniela U.</i>			
18:30					
19:00	STEP COREOGRAFICA <i>Daniela U.</i>	ABS <i>Thomas M.</i>	CIRCUIT TRAINING <i>Andrea T.</i>	CYCLING <i>Alberto S.</i>	
19:30	STEP&TONE <i>Thomas M.</i>	TONE UP <i>Fabio L.</i>			
20:00		FUNCTIONAL TRAINING <i>Fabio L.</i>	POWER YOGA <i>lun-mer</i> <i>Valeria R.</i>		RUNNING <i>Alberto S.</i>
20:30	GAG <i>Thomas M.</i>				
21:00	POST RUNNING <i>Alberto S.</i>	KICK BOXING <i>Valentina C.</i>			
21:30					
22:00		TECNICA <i>Valentina C.</i>			

Martedì - Giovedì, Sabato #NOVEMBRE

	sala A	sala B	sala C	Cycling/Esterno	Sabato
7:00					
7:30		TONIFICAZIONE <i>Alessandra L.</i>			sala A
8:00	STRETCHING <i>Alessandra L.</i>	ABS <i>Andrea T.</i>			ABS 8:30 - 9.00 <i>Carla O.</i>
8:30	GINNASTICA POSTURALE	GAG <i>Andrea T.</i>			STRETCHING 9:00 - 9.30 <i>Carla O.</i>
9:00	<i>Alessandra L.</i>	STEP <i>Daniela U.</i>	POSTURAL YOGA		PILATES 9:30 - 10.30
9:30	GINNASTICA POSTURALE	TOTAL BODY	<i>Valeria R.</i>		<i>Carla O.</i>
10:00	<i>Alessandra L.</i>	<i>Daniela U.</i>		BRM (bike, running, muscles)	
10:30	ZUMBA <i>Daniela U.</i>	UPPER BODY <i>Alessandra L.</i>		<i>Andrea T.</i>	
11:00		FLEX ZONE <i>Alessandra L.</i>			
11:30		BODY SCULPT			
12:00		<i>Fabio L.</i>			
12:30		STRETCHING <i>Fabio L.</i>			sala B
13:00					TOTAL BODY 9:30 - 10.30
13:30			CROSS TRAINING	CYCLING	<i>Valeria S.</i>
14:00		TOTAL BODY	<i>Valentina C.</i>	<i>Alberto S.</i>	ABS 10:30 - 11.00 <i>Valeria S.</i>
14:30		<i>Daniela M.</i>	UPPER BODY <i>Alberto S.</i>		FOLKLORE CUBANO 17:00 - 18.00
15:00					<i>Alex & Simona</i>
15:30		KICK BOXING	PUGILATO amatori		
16:00		<i>Valentina C.</i>	<i>Giorgio C.</i>		
16:30					
17:00	PILATES ABC <i>Daniela S.</i>	LIGHT WORKOUT			sala C
17:30		<i>Valeria S.</i>			
18:00	PILATES <i>Daniela S.</i>	CIRCUIT TRAINING			RUNNING 8:30-9.00 <i>Fabio L.</i>
18:30	ABS <i>Daniela S.</i>	<i>Stefano B.</i>			POTENZIAMENTO 9:00-9.30 <i>Fabio L.</i>
19:00	PILATES	TONE UP		CYCLING	RUNNING 9:30-10.00 <i>Fabio L.</i>
19:30	<i>Daniela S.</i>	<i>Fabio L.</i>		<i>Alberto S.</i>	POTENZIAMENTO 10:00-10.30 <i>Fabio L.</i>
20:00	STRETCHING <i>Daniela S.</i>	POTENZIAMENTO MUSCOLARE		RUNNING	
20:30	SALSA/BACHATA principianti	<i>Alberto S.</i>		<i>Andrea P.</i>	
21:00	<i>Alex & Simona</i>	POST RUNNING <i>Andrea P.</i>			
21:30	SALSA/BACHATA intermedi				
22:00	<i>Alex & Simona</i>				