

LEZIONI 2019-2020 L-M-V

T	A	B	C	GAZEBO CYCLING	ESTERNO	ESTERNO	
7.00		CROSS TRAINING ROMEO GALLESE				RUNNING	ANDREA TUMBARINI
7.30			CROSS TRAINING		FITWALK		ANDREA PIRAS
8.00		BODY TONE				POST RUNNING	ALBERTO SULIS
8.30	GINNASTICA POSTURALE	ODAKA YOGA	SPARTAN SYSTEM				DANIELA MATTA
9.00							ALESSANDRA LODDO
9.30	GINNASTICA POSTURALE	FUNCTIONAL MIX	TOTAL BODY	CYCLING			DANIELA SOLANAS
10.00							MIRKO ELIA
10.30		TONIFICAZIONE	UPPER BODY				VALENTINA CABRAS
11.00			CROSS TRAINING ROMEO GALLESE				VALERIA SANNA
11.30							GIORGIO CUCCU
12.00			GLUTE ACT				BARBARA OTTONELLO
12.30							DANIELA ULLASCI
13.00	STRETCHING	UP TONE		CYCLING 13.15-14.00			TIZIANA PILLONI
13.30	PILATES INTERMEDIO	KICK BOXING	CROSS POWER TRAINING				FABIO LAI
14.00		TECNICA			RUNNING		STEFANO BIANCHI
14.30				CYCLING			ALEX LAMPIS
15.00		G.ACTIVATION			POST RUNNING		CLAUDIA PUDDU
15.30		GINNASTICA CORPO LIBERO		UPPER BODY			ROMEO GALLESE
16.00		ABS 30 min					STEFANIA GIONA
16.30		UPPER BODY	PUGILATO				MASSIMO FANNI
17.00	POSTURAL	CARDIO CONDITIONING					
17.30							
18.00	PILATES	FUNCTIONAL CIRCUIT	FUNCTIONAL CLASS				
18.30				CYCLING			
19.00	STEP	ABS 30 min	CIRCUIT TRAINING				
19.30	G.ACTIVATION TONE FIT	FUNCTIONAL TRAINING 19.30		CYCLING	RUNNING		
20.00		FUNCTIONAL TRAINING 20.15					
20.30							
21.00	APNEA	KICK BOXING	SALSA				
21.30							
22.00		TECNICA					
22.30							

LEZIONI 2019-2020 M-G

T	A	B	C	GAZEBO CYCLING	ESTERNO	
7.00			SPARTAN SYSTEM	CYCLING TUMBA		
7.30		FUNCTIONAL				
8.00	AURAMAT	ABS	CIRCUIT TRAINING			
8.30	GINNASTICA POSTURALE	GAG				
9.00		STEP	KUNDALINI YOGA			
9.30	GINNASTICA POSTURALE	TOTAL BODY				ANDREA TUMBARINI
10.00						ANDREA PIRAS
10.30	ZUMBA 11.15	UPPER BODY				ALBERTO SULIS
11.00		FLEX ZONE				DANIELA MATTA
11.30		BODY SCULPT				ALESSANDRA LODDO
12.00						DANIELA SOLANAS
12.30		STRETCHING				FRANCESCA MURRU
13.00	SPARTAN SYSTEM 45 min	GAG	CROSS TRAINING EVOLUTION			VALENTINA CABRAS
13.30	SPARTAN SYSTEM 13.45 – 45 min	ATHLETIC TRAINING		CYCLING		VALERIA SANNA
14.00			CIRCUIT TRAINING			GIORGIO CUCCU
14.30		UPPER BODY				
15.00	CIRCUIT TRAINING	KICK BOXING	PUGILATO			DANIELA ULLASCI
15.30						TIZIANA PILLONI
16.00		TECNICA				FABIO LAI
16.30						STEFANO BIANCHI
17.00	PILATES ABC	LIGHT WORKOUT				ALEX LAMPIS
17.30	PILATES					CLAUDIA PUDDU
18.00	ABS	POWER CIRCUIT				ROMEO GALLESE
18.30	PILATES	TONE UP		CYCLING		STEFANIA GIONA
19.00	STRETCHING	ATHLETIC TRAINING				
19.30				CYCLING		
20.00	SALSA&BACHATA PRIMI PASSI				RUNNING	
20.30						
21.00	SALSA&BACHATA INTERMEDI				POST RUNNING	
21.30						
22.00						
22.30						

PIANO ATTIVITA 2019-2020 SABATO

T	A	B	C	GAZEBO CYCLING	
7.00					
7.30				CYCLING TUMBA	
8.00		CARDIO ACT			
8.30		GLUTE ACT		CYCLING TUMBA	
9.00		ABS ACT			VALERIA SANNA
9.30		TOTAL BODY	SKILL FUNCTIONAL TRAINING 9.00		FABIO LAI
10.00	ODAKA YOGA				ROMEO GALLESE
10.30		ABS	CROSS TRAINING E	CYCLING GIONA	ALESSIO LAMPIS
11.00					MIRKO ELIA
11.30			CIRCUIT TRAINING		STEFANIA GIONA
12.00					ANDREA TUMBARINI
12.30					
13.00					
13.30					
14.00					
14.30					
15.00					
15.30					
16.00		SALSA (PRIMI PASSI)			
16.30					
17.00		FOLKLORE CUBANO			
17.30					
18.00					
18.30					
19.00					
19.30					
20.00					
20.30					