



PROSSIMI CORSI

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Functional 45' 06:45 - Area Funct... Trainer: Simone			Functional 45' 07:00 - Area Funct... Trainer: Simone	
	Online Pilates 09:10 - Online Trainer: Valentina			
Total Body - (Recommen... 09:15 - Room 1 Trainer: Barbara		G.a.g. 09:15 - Room 1 Trainer: Barbara		Step Dance - (Recommen... 09:15 - Room 1 Trainer: Barbara
	Pilates 09:30 - Room 1 Trainer: Paoletta		Pilates 09:30 - Room 1 Trainer: Fabiana	
				Online Pilates 10:00 - Online Trainer: Anna

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Pilates 10:15 - Room 1 Trainer: Barbara	First Step 10:30 - Room 1 Trainer: Paoletta	Pilates 10:15 - Room 1 Trainer: Barbara		Stretch 10:15 - Room 1 Trainer: Barbara
Pilates 11:15 - Room 1 Trainer: Barbara	Online Definition 13:00 - Online Trainer: Valentina		Online Postural 13:00 - Online Trainer: Valentina	
	Pilates 13:15 - Room 1 Trainer: Paoletta	Step Dance 13:15 - Room 1 Trainer: Carlotta	Pilates 13:15 - Room 1 Trainer: Barbara	
Jump Tone 13:30 - Room 1 Trainer: Barbara				
Functional 45' 14:15 - Room 1 Trainer: Barbara		Functional '45 14:15 - Area Funct... Trainer: Riccardo	Total Body - (Recommen... 14:15 - Room 1 Trainer: Barbara	Functional 45' 14:15 - Area Funct... Trainer: Simone

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Calisthenics Junior			Calisthenics Junior	
17:00 - Area Funct...			17:00 - Area Funct...	
Trainer: Mattia			Trainer: Mattia	

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Hiit Circuit	Total Body	Total Body	Total Body	Total Body
18:00 - Room 1	18:00 - Room 1	18:00 - Room 1	18:00 - Room 2	18:00 - Room 1
Trainer: Matteo	Trainer: Sara	Trainer: Carlotta	Trainer: Brunella	Trainer: Sara
Pilates	Dynamic Yoga	Mortal Gluteo	Pilates	Hatha Yoga
18:00 - Room 1	18:00 - Room 1	18:00 - Area Funct...	18:00 - Room 1	18:00 - Room 2
Trainer: Paoletta	Trainer: Donato	Trainer: Mirko	Trainer: Carlotta	Trainer: Donato
Boxe 90'	Boxe 90'	Postural	Boxe 90'	
18:00 - Fight Room...	18:00 - Fight Room...	18:00 - Room 2	18:00 - Fight Room...	
Trainer: Mariano	Trainer: Mariano	Trainer: Rita	Trainer: Mariano	
Wing Chun - Difesa Per...		Wing Chun - Difesa Per...	Online Top Circuit	
18:00 - Fight Room...		18:00 - Fight Room...	18:00 - Online	
Trainer: Aldo		Trainer: Aldo	Trainer: Patrizia	
Online Total Body Revo...		Online First Step	Calisthenics Intermedi...	
18:00 - Online		18:00 - Online	18:00 - Area Funct...	
Trainer: Patrizia		Trainer: Francesco	Trainer: Mattia	
Online Step Panthers				
18:00 - Online				
Trainer: Patrizia				
Calisthenics Intermedi...				
18:00 - Area Funct...				
Trainer: Mattia				

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Killer Six Pack 30'	Fit Crossing	Killer Six Pack 30'		
18:30 - Area Funct...	18:30 - Area Funct...	18:30 - Area Funct...		
Trainer: Mirko	Trainer: Giovanni	Trainer: Mirko		
Pilates	Fit Boxe	Functional '45	Pilates	Fit Boxe
19:00 - Room 1	19:00 - Room 1	19:00 - Area Funct...	19:00 - Room 1	19:00 - Room 1
Trainer: Paoletta	Trainer: Sara	Trainer: Matteo	Trainer: Rita	Trainer: Sara
Thai Boxe 90'	Cycling	Postural	Cycling	Thai Boxe 90'
19:00 - Fight Room...	19:00 - Room 2	19:00 - Room 2	19:00 - Room 2	19:00 - Fight Room...
Trainer: Niccolo	Trainer: Brunella	Trainer: Rita	Trainer: Brunella	Trainer: Niccolo
Wing Chun - Difesa Per...		Thai Boxe 90'		Cycling
19:00 - Fight Room...		19:00 - Fight Room...		19:00 - Room 2
Trainer: Aldo		Trainer: Niccolo		Trainer: Donato
Cycling		Wing Chun - Difesa Per...		
19:00 - Room 2		19:00 - Fight Room...		
Trainer: Mirko		Trainer: Aldo		
		Online First Step		
		19:00 - Online		
		Trainer: Francesco		
		Cycling		
		19:00 - Room 2		
		Trainer: Mirko		

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
	Fit Crossing 19:30 - Area Funct... Trainer: Giovanni			Fit Crossing 19:30 - Area Funct... Trainer: Giovanni
Total Body 20:00 - Room 1 Trainer: Carla	Total Body 20:00 - Room 1 Trainer: Carla	Danza Del Ventre 20:00 - Room 1 Trainer: Rita	Total Body 20:00 - Room 1 Trainer: Carla	