SALA 1
ORARIO 2019 - 2020

L'orario dei corsi potrà subire variazioni durante l'anno.

LUNEDÌ

8.30 Ferdi	Total Body	30'
9.00 Ferdi	Step Revolution	45'
9.45 Ferdi	Stretching	45'
10.30 Ferdi	Core Training	30'
11.00 Cindy	Zumba	45'
13.00 Gil	LesMills BodyAttack	45'
17.45 Giulio	LesMills Grit	30'
18.15 Giulio	LesMills CxWorx	30'
18.45 Michela	LesMills BodyPump	45'
19.30 Michela	LesMills BodyBalance	30'
20.00 Alessandro	LesMills Grit	30'

MARTEDÌ

8.30 Debora	Core Training	30'
9.00 Debora	Body in Action	30'
9.30 Debora	LesMills BodyPump	45'
13.00 Antonella	Interval Training	45'
17.00 Nilca	LesMills BodyBalance	45'
18.00 Sonia	LesMills Grit	30'
18.45 Cindy	Zumba	45'
19.30 Giulio	LesMills BodyCombat	45'

MERCOLEDÌ

8.30 Saskia	LesMills BodyCombat	30'
9.00 Saskia	LesMills CxWorx	30'
9.30 Saskia	LesMills BodyBalance	45'
13.00 Gil	LesMills BodyCombat	45'
17.45 Gil	LesMills BodyAttack	45'
18.30 Gil	LesMills CxWorx	30'
19.00 Antonella	Functional Training	45'
19.45 Giulio	LesMills BodyPump	45'

GIOVEDÌ

8.30 Debora	Functional Training	45'
9.15 Debora	Core Training	30'
9.45 Debora	LesMills BodyPump	45'
18.00 Sonia	Cross Training	45'
18.45 Cindy	Zumba	45'
19.30 Giulio	LesMills BodyCombat	45'

VENERDÌ

8.30 Saskia	LesMills CxWorx	30'
9.00 Saskia	LesMills BodyPump	45'
9.45 Saskia	LesMills BodyBalance	45'
10.30 Cindy	Zumba	45'
13.00 Gil	LesMills BodyAttack	30'
13.30 Gil	LesMills CxWorx	30'
17.30 Antonella	Core Training	30'
18.00 Antonella	Piloxing	45'
19.15 Sonia	LesMills Grit	30'

SABATO

10.15 Irene M	Stretching	45'
11.00 Sonia	LesMills Grit	30'

VIVO 4 FIT