

PLANNING CORSI DA LUNEDI 12 SETTEMBRE

LUNEDI

Sala 1	Sala 3
9.00-10.00 Total Body	
10.00-11.00 Easy Gym	
11.00-11.45 Pilates matwork	
13.00-14.00 Cardio Tone	
14.00-15.00 Life Pump	
	17.00-17.45 Pilates matwork
	18.00-19.00 Body Sculpture
	19.00-19.30 Abdominal Sculpture
19.00-20.00 Life Pump	19.30-20.00 Power GAG
20.00-21.00 Totalbody Step Workout	20.00-20.45 Pilates matwork
	21.00-21.45 Duathlon

MARTEDI

Sala 1	Sala 3
9.00-10.00 Modellante	
10.00-11.00 Body Sculpture	
11.00-12.00 GAG	
12.00-12.45 Pilates matwork	
	13.00-13.45 Walkexercise
	19.00-19.45 Walkexercise
19.00-19.45 Pilates matwork	19.45-20.30 Fit Boxe

MERCOLEDI

Sala 1	Sala 3
13.00-13.45 Pilates matwork	
	18.00-18.30 U.B.T.
19.00-19.30 STRETCHING	18.30-19.00 Abdominal Sculpture
	19.00-19.45 Spinning
19.30-20.30 ZUMBA	
	20.00-20.45 Walkexercise
21.00-21.45 PILATES MATWORK	

GIOVEDI

Sala 1	Sala 3
9.00-10.00 Total Body	
10.00-11.00 Easy Gym	
13.00-14.00 Life Pump	
14.00-15.00 Total Body	
	18.00-18.45 Total Body
	18.45-19.30 Totalbody Step Workout
	19.30-20.15 Spinning

VENERDI

Sala 1	Sala 3
9.00-10.00 Modellante	
10.00-11.00 Body Sculpture	
11.00-12.00 Total Body	
	13.00-13.45 Duathlon
	18.00-18.30 GAG
	18.30-19.00 Abdominal Sculpture
19.00-20.00 Life Pump	
	20.00-20.45 Spinning