

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
TOTAL BODY 9:30-10:15 Katarina	POWER PUMP 9:30-10:15 Enzo	BACK SCHOOL 9:30-10:15 Diana	TOTAL CIRCUIT 9:30-10:15 Katarina	BACK SCHOOL 9:30-10:15 Katarina	
BACK SCHOOL 10:30-11:15 Diana	YOGA FIT 10:30-11:15 Enzo		YOGA FIT 10:30-11:15 Enzo		POWER PUMP 10:00-10:45 Enzo
					YOGA FIT 11:00-11:45 Enzo
GROUP CYCLING 13:15-14:00 Daria		GROUP CYCLING 13:15-14:00 Daniele		GROUP CYCLING 13:15-14:00 Daniele	
STRETCHING GLOBALE 17:00-17:45 Diana		POSTURAL PILATES 17:00-17:45 Luisa		POSTURAL PILATES 17:00-17:45 Luisa	
TOTAL BODY 18:00 -18:45 Luisa	TONIFICAZIONE UP&DOWN 18:00 -18:45 Ileana	CARDIO TOTAL BODY 18:00 -18:45 Luisa	POWER PUMP 18:00 -18:45 Enzo	TOTAL CIRCUIT 18:00 -18:45 Luisa	
ALLENAMENTO FUNZIONALE 19:00-19:45 Giorgio	CROSS TRAINING 19:00-19:45 Stefano	GROUP CYCLING 19:00-19:45 Daniele	YOGA FIT 19:00-19:45 Enzo	GROUP CYCLING 19:00-19:45 Daniele	

La direzione si riserva la facoltà di eventuali variazioni durante la stagione.

Minimo partecipanti a corso 5 persone. Tempo massimo per disdette 2h (in caso contrario la lezione verrà addebitata)