

**PROGRAMMA CORSI SALA**  
**DAL 1 AGOSTO AL 06 SETTEMBRE 2020**  
**OLISTICI CARDIO TONIFICANTI**

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