

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDÌ			VENERDI'			SABATO		
9.30	PILATES Paola	60'	9.30	TOTAL BODY Alessandra	45'	9.30	POSTURALE Rosanna	60'	9.30	CARDIO TONE Claudia	45'	9.30	TOTAL BODY Rosy	45'			

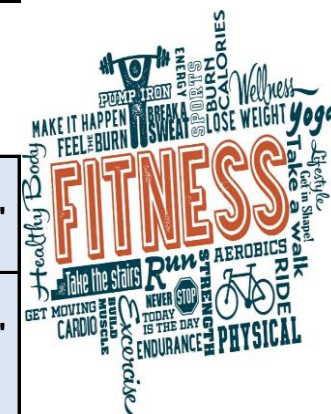


12.30	CARDIO TONE Paola	45'	12.30	FUNCTIONAL Alessandra	45'	12.30	TOTAL BODY Paola	45'	12.30	SPINNING Nicola	60'	12.30	CARDIO TONE Rosy	45'	10.30	CARDIO TONE a rotazione	45'
															11.30	POWER YOGA Rosanna	45

18.00	PUMP Francesca	45'	18.00	FUNCTIONAL Alessandra	45'	18.00	BODY PUMP Anna	45'	18.00	FIT BOXE Daniele	45'	18.00	FUNCTIONAL Daniele	45'
19.00	GAG Francesca	45'	19.00	ENERGY TONE Alessandra	45'	19.00	GAG Anna	45'	19.00	BODY PUMP Daniele	45'	19.00	FIT BOX Daniele	45'
20.15	SPINNING Roberto	60'	20.30	PILATES Paola	60'	20.15	SPINNING Nicola	60'	20.00	YOGA Donatella	60'			



ITALIA CONI



I CORSI POTREBBERO SUBIRE MODIFICHE SENZA ALCUN PREAVVISO

INTENSITÀ
BASSA
MEDIA
ALTA