



# ORARIO CORSI

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'		
SALA 1	SALA 2	SALA SPIN	SALA 1	SALA 2	SALA SPIN	SALA 1	SALA 2	SALA SPIN	SALA 1	SALA 2	SALA SPIN	SALA 1	SALA 2	SALA SPIN
9,00-9,45 <b>TIM FOR FIT</b> Simonetta			9,30-10,15 <b>TIME FOR FIT</b> Erika	9,30-10,15 <b>PILATES</b> Inna		9,00-9,45 <b>TIM FOR FIT</b> Simonetta			9,30-10,15 <b>TIME FOR FIT</b> Erika	9,30-10,15 <b>PILATES</b> Inna		9,00-9,45 <b>TIM FOR FIT</b> Simonetta		
9,45-10,30 <b>BODY TONIC</b> Simonetta			10,15-11,15 <b>BODY SCULPT</b> Erika	10,15-11,00 <b>PILATES</b> Inna		9,45-10,30 <b>BODY TONIC</b> Simonetta	10,00-11,00 <b>POSTURAL PILOGA</b> Alessio		10,15-11,15 <b>BODY SCULPT</b> Erika	10,15-11,00 <b>PILATES</b> Inna		9,45-10,30 <b>BODY TONIC</b> Simonetta	10,00-11,00 <b>POSTURAL PILOGA</b> Alessio	
13,00-14,00 <b>KEY BOXE</b> Sabina	13,00-14,00 <b>PILATES</b> Inna		13,00-14,00 <b>STONE &amp; STRETCH</b> Simonetta		13,00-14,00 <b>SPINNING</b> Filippo	13,00-14,00 <b>PILATES</b> Inna		13,00-14,00 <b>WALKING</b> Sabina	13,00-14,00 <b>STONE &amp; STRETCH</b> Simonetta		13,00-14,00 <b>SPINNING</b> Filippo	13,00-14,00 <b>KEY BOXE</b> Sabina		
14,30 - 15,30 <b>BODY SCULPT</b> Sabina						14,30 - 15,30 <b>BODY SCULPT</b> Sabina	16,00-17,00 <b>STEP &amp; TONE</b> Sabina						14,30-15,30 <b>WALKING</b> Sabina	
	17,30-18,30 <b>PILATES</b> Matilde			18,00-18,30 <b>G.A.G</b> Elisa			17,30-18,30 <b>PILATES</b> Matilde			18,00-18,30 <b>G.A.G</b> Elisa			17,30-18,30 <b>PILATES</b> Matilde	
18,15-19,15 <b>ABDOMINAL TRAINING</b> Niku	18,30-19,15 <b>G.A.G</b> Matilde	18,30-19,15 <b>WALKING</b> Paolo	18,30-19,30 <b>POSTURAL PILOGA</b> Alessio	18,30-19,00 <b>TONE UP</b> Elisa	18,30-19,15 <b>WALKING</b> Niku	18,15-19,15 <b>CIRCUIT TRAINING</b> Niku	18,30-19,15 <b>G.A.G</b> Matilde	18,30-19,15 <b>WALKING</b> Paolo	18,30-19,30 <b>POSTURAL PILOGA</b> Alessio	18,30-19,00 <b>TONE UP</b> Elisa	18,30-19,15 <b>WALKING</b> Niku	18,15-19,15 <b>PUMP</b> Niku/Filippo	18,30-19,15 <b>G.A.G</b> Matilde	18,30-19,15 <b>WALKING</b> Niku/Filippo
19,15-20,15 <b>POWER PUMP</b> Paolo	19,30 - 20,30 <b>STRETCH</b> Matilde	19,15-20,00 <b>WALKING</b> Felice	19,40-20,30 <b>FIT BOXE</b> Alessio	19,00-20,00 <b>AEROSTEP</b> Elisa	19,15-20,00 <b>WALKING</b> Angela	19,15-20,15 <b>POWER PUMP</b> Paolo	19,30 - 20,30 <b>STRETCH</b> Matilde	19,15-20,00 <b>WALKING</b> Felice	19,15-20,00 <b>POWER PUMP</b> Paolo	19,30 - 20,30 <b>STRETCH</b> Matilde	19,15-20,00 <b>WALKING</b> Angela	19,15-20,00 <b>PUMP</b> Niku/Filippo	19,30 - 20,30 <b>STRETCH</b> Matilde	
20,30-21,30 <b>PRE SCIISTICA</b> Fulvio	20,30-21,30 <b>ZUMBA</b> Niku	20,30-21,15 <b>SPINNING</b> Paolo	20,30 - 22,00 <b>KICK BOXING</b> <i>new</i> Fulvio	20,30-21,30 <b>POWER PUMP</b> Angela	20,00-21,15 <b>SPINNING</b> Filippo	20,30-21,30 <b>PRE SCIISTICA</b> Fulvio	20,30-21,30 <b>STEP &amp; TONE</b> Angela	20,30-21,15 <b>SPINNING</b> Paolo	20,30 - 22,00 <b>KICK BOXING</b> <i>new</i> Fulvio	20,30-21,30 <b>POWER PUMP</b> Angela	20,00-21,15 <b>SPINNING</b> Filippo	20,00-21,30 <b>YOGA</b> Roberta	20,30-21,20 <b>PUMP</b> Niku	

L'ORARIO DEI CORSI PUO' SUBIRE ALCUNE MODIFICHE