

# PLANNING CORSI FITNESS - STAGIONE 2017 / 2018

Ora	Corso	Istruttore	studio	Ora	Corso	Istruttore	studio	Ora	Corso	Istruttore	studio	Ora	Corso	Istruttore	studio	Ora	Corso	Istruttore	studio							
<b>Lunedì</b>				<b>Martedì</b>				<b>Mercoledì</b>				<b>Giovedì</b>				<b>Venerdì</b>				<b>Sabato</b>						
7.15 8.00	Group Cycling®	Beatrice	1	07.15 08.00	H.E.A.T. Fat Burning	Elena	2	7.15 8.00	Group Cycling®	Elena	1	10.30 11.30	Soft Yoga	Mariangela	★	4	07.15 08.00	H.E.A.T. Fat Burning	Beatrice	2	11.00 12.00	Group Cycling®	Elena	1		
10.00 11.00	Brio Gym	Mauro	★	4	12.00 13.00	Pilates Advanced	Livia	3	10.00 11.00	Brio Gym	Mauro	★	3	12.00 13.00	Pilates TRX	Mattia	3	10.00 11.00	Brio Gym	Mauro	★	3	11.00 12.00	H.E.A.T. Program®	Stefano	2
10.30 11.30	Soft Yoga	Mariangela	★	3	13.00 14.00	Group Cycling®	Lorena	1	13.00 14.00	Pilates	Mattia	3	13.00 14.00	Group Cycling®	Lorena	1	12.00 13.00	Pilates Advanced	Mattia	3	11.00 12.00	Tango	Babalù	★	4	
12.00 13.00	Pilates TRX	Mattia	4	13.00 14.00	Pilates	Livia	2	13.00 14.00	Total Body	Claudia	4	13.00 14.00	Suspension Training	Stefano	3	13.00 14.00	Pilates	Mattia	1	12.00 13.00	Group Cycling®	Stefano	1			
13.00 14.00	H.E.A.T. Program®	Beatrice	2	13.00 14.00	Functional Training	Stefano	3	15.00 16.00	Tai Chi	Fulvio	★	4	13.00 14.00	A.A.S. Super Jump	Giulia	4	13.00 14.00	H.E.A.T.+Tone up	Fabiana	2	12.00 13.00	H.E.A.T. Program®	Elena	2		
13.00 14.00	Suspension Training	Stefano	3	13.00 14.00	X-Tempo Sculpt	Giulia	4	16.00 17.00	Kung Fu	Fulvio	★	4	17.00 17.45	Danza Prop. Classica	Deborah	★	1	13.00 14.00	Functional Training	Stefano	3	12.00 13.00	Strong by Zumba	Anastasia	3	
13.00 14.00	Step	Giulia	4	17.00 18.00	Street Dance	Emanuele	★	2	17.00 18.00	Cross Cardio	Claudia	4	17.00 18.00	Danza Moderna	Livia	★	2	13.00 14.00	Cardio Pump	Giulia	4	12.00 13.00	Cardio Pump	Lorena	4	
15.00 16.00	Tai chi	Fulvio	★	4	17.00 18.00	Bollywood Junior	Dinusha	★	1	17.15 18.00	Danza Creativa	Deborah	★	1	17.00 18.00	Presciistica	Diego	★	3	17.00 18.00	Street Dance	Emanuele	★	2		
16.00 17.00	Kung Fu	Fulvio	★	4	17.00 18.00	Danza Prop. Classica	Deborah	★	3	18.00 19.00	D. Classica contemp.	Deborah	★	1	17.00 18.00	M.T.P.	Lorena	4	17.00 18.00	Functional Training	Andrea	3	13.00 14.00	Savate/Kick Boxing	Nino	4
17.15 18.00	Danza Creativa	Deborah	★	1	17.00 18.00	A.A.S. Super Jump	Fabiana	4	18.00 19.00	H.E.A.T. Program®	Fabiana	2	18.00 19.00	Danza Classica	Deborah	★	1	17.00 18.00	X-Tempo Energy	Giulia	4	15.30 16.30	Bollywood Junior	Dinusha	★	3
17.00 18.00	Presciistica	Diego	★	2	18.00 19.00	Danza Classica	Deborah	★	1	18.00 19.00	Moove	Emanuele	3	18.00 19.00	H.E.A.T. Program®	Beatrice	2	18.00 19.00	H.E.A.T. Program®	Paolo	2	15.00 16.00	Step	Giulia	4	
17.00 18.00	X-Tempo Energy	Giulia	3	18.00 19.00	Moove	Emanuele	2	18.00 19.00	Fit Boxe	Claudia	4	18.00 19.00	Pilates	Livia	3	18.00 19.00	Moove	Emanuele	3	16.00 17.00	X-Tempo Sculpt	Giulia	4			
17.00 18.00	Danza Moderna	Livia	★	4	18.00 19.00	Zumba	Anastasia	3	19.00 20.00	Group Cycling®	Beatrice	1	18.00 19.00	Total body	Lorena	4	18.00 19.00	G.A.G.	Giulia	4						
18.00 19.00	D. Classica contemp.	Deborah	★	1	18.00 19.00	M.T.P.	Lorena	4	19.00 20.00	H.E.A.T. Program®	Paolo	2	19.00 20.00	Group Cycling®	Stefano	1	19.00 20.00	Group Cycling®	Elena	1						
18.00 19.00	Pilates	Livia	2	19.00 20.00	Group Cycling®	Cinzia	1	19.00 20.00	X-Tempo Energy	Giulia	3	19.00 20.00	H.E.A.T. Program®	Beatrice	2	19.00 20.00	H.E.A.T. Circuit	Paolo	2							
18.00 19.00	Functional Training	Andrea	3	19.00 20.00	H.E.A.T. + Tone up	Stefano	2	19.00 20.00	A.A.S. Super Jump	Fabiana	4	19.00 20.00	Dance Training	Emanuele	3	19.00 20.00	Zumba	Anastasia	3							
18.00 19.00	SuperJumpcombat&CS	Fabiana	4	19.00 20.00	G.A.G.	Lorena	3	20.00 21.00	Group Cycling®	Elena	1	19.00 20.00	A.A.S. Super Jump	Livia	4	19.00 20.00	A.A.S. Super Jump	Giulia	4	10.00 11.00	Group Cycling®	A rotazione	1			
19.00 20.00	Group Cycling®	Cinzia	1	19.00 20.00	Dance Training	Emanuele	4	20.00 21.00	H.E.A.T. Program®	Beatrice	2	20.00 21.00	Cycling + Tone up	Stefano	1	20.00 21.00	Group Cycling®	Elena	1	11.00 12.00	Group Cycling®	A rotazione	1			
19.00 20.00	H.E.A.T. Program®	Paolo	2	20.00 21.00	Group Cycling®	Cinzia	1	20.00 21.00	X-Tempo Sculpt	Giulia	3	20.00 21.00	Krav Maga	Giovanni	★	3	20.00 21.30	Savate/Kick Boxing	Nino	3	11.00 12.30	Power Yoga®	Paolo	4		
19.00 20.00	KTB Training	Andrea	3	20.00 21.00	H.E.A.T. Program®	Stefano	2	20.00 21.30	Power Yoga®	Paolo	4	20.00 21.00	Vingsun EVTF	Emanuele	★	4	20.00 21.00	Pilates TRX	Mattia	4						
19.00 20.00	Cardio Pump	Livia	4	20.00 21.00	Savate/Kick Boxing	Nino	3	21.00 22.30	L.A. Salsa e Bachata	Silvio & Martina	B	★	3	20.15 21.15	Pilates Advanced	Livia	EA	21.00 22.00	Kizomba	Silvio & Martina	P	★	4			
20.00 21.00	Group Cycling®	Cinzia	1	20.00 21.00	Strong by Zumba	Anastasia	4						21.00 22.00	Bollywood	Dinusha	★	3									
20.00 21.00	H.E.A.T. Program®	Elena	2	21.00 22.00	Bollywood	Dinusha	★	3																		
20.00 21.00	Krav Maga	Giovanni	★	3	21.00 22.00	Vingsun EVTF	Emanuele	★	4																	
20.00 21.30	Power Yoga®	Paolo	4																							
21.00 22.30	L.A. Salsa e Bachata	Silvio & Martina	★	3																						

Numero minimo partecipanti 4

Numero dedicato 0382.383614

Tutti i corsi sono a prenotazione

Scarica la nostra App

I corsi e gli orari potrebbero subire delle variazioni

\* Chiedere in Reception

★ NON COMPRESO NELL'ABBONAMENTO

B, P, I, A Livelli: Base/ Princ / Intermedio / Avanzato

