

PLANNING CORSI FITNESS

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8,00 9,00						
9,00 10,00						
10,00 11,00						
11,00 12,00						
12,00 13,00	TOTAL BODY functional (Thomas)	TOTAL BODY functional (Thomas)	TOTAL BODY functional (Thomas)	TOTAL BODY functional (Thomas)	TOTAL BODY functional (Thomas)	
13,00 14,00	FIT-BOXE (Paolo)	FUNCTIONAL TRAINING (Valerio)		FUNCTIONAL TRAINING (Valerio)	FIT-BOXE (Paolo)	
14,00 15,00	FUNCTIONAL TRAINING (Valerio)			FUNCTIONAL TRAINING (Valerio)		
15,00 16,00	TOTAL BODY functional (Thomas)		TOTAL BODY functional (Thomas)		TOTAL BODY functional (Thomas)	
16,00 17,00						
17,00 18,00	BOXE (Luciano & Paolo)	Ju jitsu (baby)	BOXE	Ju jitsu (baby)	BOXE (Luciano & Paolo)	
18,00 19,00	PILATES-POST. TOTAL BODY- G.A.G-STEP (Claudio)	FIT-BOXE (Paolo)	PILATES-POST. TOTAL BODY- G.A.G-STEP (Claudio)	FIT-BOXE (Paolo)	PILATES-POST. TOTAL BODY- G.A.G-STEP (Claudio)	
19,00 20,00	FUNCTIONAL CROSS-TRAINING (valerio) SPINNING (Alessandro)	FITNESS	FUNCTIONAL CROSS-TRAINING (valerio) SPINNING (Alessandro)	FITNESS	FUNCTIONAL CROSS-TRAINING (valerio) SPINNING (Alessandro)	
20,00 21,00	(SR)Salsa avanzati 20,00 21,30 (Angelo) ----- PREPUGILISTICA -kick (Paolo)	ZUMBA fitness (Maddy) h: 20,30	PREPUGILISTICA -kick (Paolo) ----- (SR)Salsa principianti 20,00 21,30 (Angelo)	ZUMBA fitness (Maddy) h: 20,30	PREPUGILISTICA -kick (Paolo)	
21,00 22,00	(SF)kick boxing (Paolo)		(SF)kick boxing (Paolo)		(SF)kick boxing (Paolo)	

