

PALINSESTO CORSI DAL 1 MARZO 2022

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
08.15 - 9.05 GAG (P)	8.15 - 09.05 STABILITY (P)	8.15 - 9.05 STRETCH PILATES(P)	08.15 - 9.05 TONIFICA (P)	8.15 - 09.05 STABILITY (P)	10.30 - 11.20 CORSO A ROTAZIONE (P)
09.15 - 10.05 PILATES PREVENZIONE (P)		09.15 - 10.05 POSTURAL CORE (P)	09.15 - 10.05 PILATES PREVENZIONE(P)	08.15 - 09.05 POSTURAL CORE (P)	
10.15 - 11.05 PILATES TONE (P)	09.15 - 10.05 POSTURAL (P)	10.15 11.05 PREVENZIONE E RINFORZO (P)	10.15 - 11.05 PILATES TONE (P)	09.15 - 10.05 PILATES(P)	
	10.15 - 11.05 POSTURAL (P)			09.15 - 10.05 POSTURAL (P)	
	12.45 - 13.35 FLEX & TONE (P)		12.45 - 13.35 BRUCIA E TONIFICA(P)	10.15 - 11.05 POSTURAL (P)	
	15.00 - 15.50 POSTURALE CON PANCA (P)		15.00 - 15.50 POSTURALE CON PANCA (P)	18.00 - 19.00 YOGA (P)	
18.30 - 19.20 PILATES(P)	18.30 - 19.20 POSTURAL (P)	18.30 - 19.20 YOGA (P)	18.00 - 18.50 PHA (P)	18.30 - 19.20 POLE DANCE	
18.30 - 19.20 TABATA (P)	18.15 - 19.05 SPINNING (P)	18.30 - 19.10 GAG EXPRESS (P)	18.30 - 19.20 PILATES	18.30 - 19.20 HIIT (P)	
	19.00 - 19.50 PILATES(P)				
19.30 - 20.20 GAG (P)	19.15 - 20.05 FUNCTIONAL TRAINING (P)	19.20 - 20.10 TOTAL BODY WORKOUT (P)	19.00 - 19.50 SPINNING (P)		
19.30 - 21.30 POLE DANCE	20.00 - 20.50 PILATES	19.30 - 21.30 POLE DANCE	19.30 - 21.30 POLE DANCE		
20.30 - 21.20 BUNGEE FIT	21.00 - 22.00 POLE DANCE		20.30 - 21.20 BUNGEE FIT		