



# PLANNING CORSI 2017

ORARI CLUB: LUNEDI'-MERCOLEDI'-VENERDI' DALLE 08.00 ALLE 22.00  
 MARTEDI'-GIOVEDI' DALLE 09.00 ALLE 22.00  
 SABATO DALLE 09.00 ALLE 18.00  
 DOMENICA DALLE 09.00 ALLE 13.00

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9						
10	9.30-10.25 <b>GOODMORNING POSTURALE</b> Anna	9.30-10.25 <b>GOODMORNING POSTURALE</b> Valentina	9.30-10.25 <b>PILA-TONE</b> Cinzia	9.30-10.25 <b>GOODMORNING POSTURALE</b> Matthew	9.30-10.25 <b>COSMOYOGA</b> Manuela G.	10.00-10.55 <b>SPINNING</b> Max
11	10.30-11.25 Anna	10.30-11.00 <b>POWER DANCE</b> Valentina 11.05-11.30 <b>TOTAL BODY EXPRESS</b> Valentina	10.30-11.25 <b>TOTAL BODY</b> Cinzia	10.30-11.15 David	10.30-11.25 <b>TOTAL BODY</b> Manuela G.	11.00-11.55 David
12						11.00-11.45 TRIFORM SMALL CLASS
13	12.45-13.40 David	12.45-13.40 <b>TOTAL BODY</b> Silvia	12.45-13.15 <b>SPINNING</b> 13.15-13.45 <b>SPINNING</b> Max	12.45-13.40 <b>FUNCTIONAL CIRCUIT</b> Matthew	12.45-13.40 <b>TEMPO ENERGY</b> Fabrizio	
14						<b>Domenica</b>
15	14.30-15.25 <b>PILATES TRAINING</b> Anna			14.30-15.25 <b>BACK SCHOOL</b> Matthew		11.00-11.55 <b>JOLLY CLASS</b>
16	15.30-16.00 <b>FUNCTIONAL*Matthew</b>	15.30-16.00 <b>ADDOMINALI*Michela</b>	15.30-16.00 <b>CROSS CORE * Andrea</b>	15.30-16.00 <b>CIRCUIT * Andrea</b>	15.30-16.00 <b>ADDOMINALI* Garhy</b>	
17						
18	17.15-17.45 <b>FUNCTIONAL*Matthew</b> 17.50 - 18.45 <b>YOGA PILATES</b> Anna	17.30-18.00 <b>CIRCUIT* Manu</b> 18.00-18.55 <b>TEMPO ENERGY</b> Fabrizio	17.30-18.00 <b>CROSS CORE* Andrea</b> 18.00-18.55 <b>PILATES TRAINING</b> Silvia	17.50 - 18.40 <b>MOVE YOUR ASS</b> Enrico Bruscia	17.30-18.00 <b>CIRCUIT* Andrea</b> 18.00-18.55 <b>STEP</b> Cinzia	
19	18.45 - 19.50 <b>ADDOMINALI + FIT BOXE</b> Chiara	18.35-19.20 <b>TRIFORM SMALL CLASS</b> 19.00-19.55 <b>SPINNING</b> Max	18.00-18.55 <b>PILATES TRAINING</b> Silvia	18.45 - 19.40 <b>TEMPO ENERGY</b> David	18.15-19.00 <b>TRIFORM SMALL CLASS</b> 19.00-19.55 <b>PILA--TONE</b> Cinzia	
20	18.50 - 19.40 <b>SLIM PROGRAM</b> Anna	19.30-20.15 <b>SCULPT</b> Fabrizio + Roberta	19.00-19.55 <b>TOTAL BODY</b> Silvia	19.00-19.45 <b>TRIFORM SMALL CLASS</b> 19.50 - 20.45 <b>MOVE YOUR ASS</b> Enrico Bruscia	19.00-19.55 <b>TRIFORM SMALL CLASS</b> 19.30-20.15 <b>SPINNING</b> Max	
21	19.50 - 20.45 <b>SPINNING</b> Antonio	20.00-20.55 <b>COSMOYOGA</b> Manu	20.00-20.45 <b>TRIFORM SMALL CLASS</b> 20.00-20.30 <b>STRETCH&amp;FLEX</b> Silvia	20.25 - 21.10 <b>SPINNING</b> Max	20.25 - 21.10 <b>SPINNING</b> Max	

LEZIONE SOLO CARDIO  
 LEZIONE OLISTICA  
 LEZIONE DI TONIFICAZIONE  
 MINI GRUPPI IN SALA PESI  
 X - TEMPO