

PROGRAMMA OUTDOOR

Attività sportive di ginnastica finalizzate alla salute e fitness

ORARIO CORSI	LUNEDÌ	ORARIO CORSI	MARTEDÌ	ORARIO CORSI	MERCOLEDÌ	ORARIO CORSI	GIOVEDÌ	ORARIO CORSI	VENERDÌ	ORARIO CORSI	SABATO
10:00	BODY SCULPT FRANCESCA	8:15	POWER DANCE MICHEL	9:30	GAG FRANCESCA	10:00	FUNCTIONAL TONE GERMANA	9:00	BODY SCULPT FRANCESCA	9:00	POWER DANCE MICHEL
11:00	PILATES SUSANNA	11:00	POSTURAL TRAINING LUCA	10:30	YOGA CLAUDIA	11:30	VINYASA HATHA YOGA STEFANIA	10:00	HIIT PROGRAM FRANCESCA	10:00	PILATES YOGA REVOLUTION® LUCA
12:00	tone up GERMANA	12:30	CARDIO TRAINING DANIELE	13:00	BOOTCAMP® LUCA	12:30	CARDIO TRAINING DANIELE	11:00	PILATES SUSANNA	10:30	CIRCUIT TRAINING FRANCESCA
								12:30	FUNCTIONAL TONE AZZURRA	10:30	GROUP CYCLE® BARBARA
18:00	UPPER BODY SYSTEM LICIA									11:00	POWER BODY SYSTEM® LUCA
18:00	VINYASA HATHA YOGA STEFANIA	18:00	NIKE FUSION CONDITIONING® ALESSANDRA	18:00	GAG LICIA					11:30	TOTAL BODY GERMANA
19:00	SUPER GAG MICHEL	19:00	POWER BODY SYSTEM® LUCA	19:00	INTERVAL TRAINING MICHELE	18:30	PILATES YOGA REVOLUTION® LUCA	18:30	RUN FIT® LUCA	11:30	GROUP CYCLE® MICHELE
19:00	TRX ION	19:00	TONIFICAZIONE GERMANA	19:00	TRX ION	19:00	FIT BOXE ALESSANDRA	19:00	GROUP CYCLE® MICHELE		



FITNESS



BODY&MIND



GROUP CYCLE