

CORSI 2016-2017

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO
SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA	SALA ARIA	SALA TERRA
8.30 - 9.20 PILATES			8.30 - 9.20 UP & DOWN			8.30 - 9.20 FUNCTIONAL PILATES				
	9.30-10.20 PILATES BARRE	9.00- 10.00 YOGA IN VOLO	9.25 - 10.15 ATHLETIC GAG		9.50-10.30 SUSPENSION TRAINING	9.40 - 10.30 GYM- NASTICA		9.00 - 9.50 ONEKOR NRG		9.45 - 10.25 WALK
10.30 - 11.30 FITNESS IN VOLO		10.10 - 11.00 POSTURAL PILATES	10.30- 11.20 PILATES* PICCOLI GRUPPI		10.35 - 11.35 HATHA YOGA	10.30 - 11.20 PILATES* PICCOLI GRUPPI		10.10 - 11.00 POSTURAL TRAINING		10.25 - 11.05 WALK
12.40 - 13.30 POWER PUMP®		13.00 - 13.50 PILATES		12.40 - 13.30 FUNCTIONAL TRAINING		13.00 - 13.50 PILATES		12.40 - 13.30 FUNCTIONAL PUMP®		
16.30 - 17.20 PILATES MAMME & BAMBINI *	16.30 - 17.20 DANZA CLASSICA BIMBI	16.45 - 17.35 KARATE- DO bambini e ragazzi		16.30 - 17.20 GIOCO SPORT 3/5 ANNI	16.30 - 17.20 ZUMBA® KIDS	16.30 - 17.20 BALYAYOGA®	16.30 - 17.20 DANZA CLASSICA BIMBI			15.00-16.30 MMA* Mixed Martial Art
17.40 - 18.30 POSTURAL PILATES				17.55 - 18.25 ABS	17.35 - 18.25 PILATES	17.30 - 18.30 FITNESS IN VOLO	17.40 - 18.30 FUNCTIONAL PILATES		17.20 - 18.00 SUSPENSION TRAINING	
18.30 - 19.20 PILATES	18.00 - 18.50 PILATES IN GRAVIDANZA*	18.20 - 19.10 FUNCTIONAL TRAINING	18.30 - 19.10 WALK	18.30 - 19.20 ONEKOR SKULPT	18.30 - 19.10 WALK	18.30 - 19.30 HATHA YOGA	18.30 - 19.20 PILATES	18.00 - 18.50 ZUMBA® TONING	18.00 - 18.50 POWER CROSS*	
19.20 - 20.10 ZUMBA® TONING	19.00 - 20.00 HATHA YOGA	19.15 - 20.05 ONEKOR NRG	19.15 - 19.55 WALK	19.25 - 20.15 PILATES	19.10 - 19.50 WALK	19.35 - 20.25 TOTAL BODY	19.25 - 20.05 SUSPENSION TRAINING	18.55 - 19.45 GAG	19.00 - 19.40 WALK	
20.15 - 21.05 POWER PUMP®	20.05 - 20.55 PILATES BARRE	20.10 - 20.50 SPINNING	20.05 - 20.45 SUSPENSION TRAINING	20.15 - 21.05 ZUMBA® FITNESS	20.00 - 20.50 POWER CROSS*	20.30 - 21.10 SPINNING	20.10 - 21.00 POSTURAL TRAINING			
21.10 - 22.00 POSTURAL TRAINING	21.00 - 22.00 DANZA DEL VENTRE*	21.00 - 22.00 YOGA IN VOLO		21.10 - 22.00 HIP - HOP*	21.00 - 22.00 HATHA YOGA		21.05 - 21.45 SELF MYOFASCIAL RELEASE	20.50 - 21.50 HIP - HOP *	20.45-21.45 DANZA CLASSICA ADULTI*	

CONTRASSEGNALE CON ASTERISCO* LE ATTIVITA' ESCLUSE DALL'OPEN

GLI ORARI POTREBBERO SUBIRE DELLE VARIAZIONI