

CORSI GIUGNO 2019

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		8.40 – 9.30 FIT WALKING POWER				8.30 - 9.20 FUNCTIONAL PILATES				
	9.25- 10.15 PILATES BARRE					9.25 -10.05 PILATES IN VOLO		9.10 – 10.00 GAG	10.30 – 11.30 PILATES MAMMA & BAMBINO*	
		10.00 – 10.50 POSTURAL PILATES						10.10 - 11.00 POSTURAL TRAINING		10.15 – 10.55 FIT WALKING POWER
12.40 – 13.30 POWER PUMP		13.00 - 13.50 PILATES				13.00 - 13.50 PILATES		12.40 – 13.30 FUNCTIONAL PUMP		
			16.55 – 17.40 PSICOMOTRICIT A' 3/5 ANNI			16.30 - 17.20 BALYAYOGA®				
17.40 – 18.30 POSTURAL PILATES					17.40 – 18.20 JOINT MOBILITY	17.40 - 18.30 STRONG				
18.30 – 19.20 PILATES	18.00 – 18.50 PILATES IN GRAVIDANZA*	18.20 - 19.10 FUNCTIONAL TRAINING		18.30 - 19.20 FUNCTIONAL PUMP	18.30 - 19.10 FIT WALKING	18.30 - 19.20 FUNCTIONAL PILATES				
19.20 – 20.10 FIT DANCE MOVE	19.00 – 20.00 HATHA YOGA	19.15 - 20.05 STEP & TONE		19.30 - 20.20 PILATES	19.10 - 19.50 FIT WALKING	19.25 - 20.15 TOTAL BODY	19.25 -20.05 SUSPENSION TRAINING			
20.15 – 21.05 POWER PUMP			20.05 - 20.45 SUSPENSION TRAINING	20.20 – 21.20 HATHA YOGA		20.15 – 20.55 INDOOR CYCLING	20.10 - 21.00 POSTURAL MIOFASCIALE			
			20.50 – 21.50 MGA*				21.00 – 22.00 GRAPPLING*			

SOCIETÀ SPORTIVA DILETTANTISTICA



PALESTRA & WELLNESSPORT

\*CON ASTERISCO LE ATTIVITA' ESCLUSE DALL'OPEN