

PALINSESTO CORSI DA SETTEMBRE 2020 SEDE DI CITTADELLA

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 – 9.10 PILATES		8.30 – 9.10 TOTAL BODY		8.30 - 9.10 FIT WALKING POWER		8.30 - 9.10 PILATES				
	9.25 – 10.05 PILATE CON LA SEDIA	9.20 – 10.00 FLEXIBLE STRENGTH		9.20-10.00 POSTURAL PILATES				9.10 – 9.50 GAG		
			10.30- 11.20 PILATES* PICCOLI GRUPPI				10.30 - 11.20 PILATES* PICCOLI GRUPPI	10.00 – 10.40 POSTURAL TRAINING	10.30 – 11.30 PILATES MAMMA & BAMBINO*	10.10 – 10.50 FIT WALKING POWER
12.40 – 13.20 POWER PUMP		13.00 – 13.40 PILATES		13.00 – 13.40 PILATES		13.00 – 13.40 PILATES		12.40 – 13.20 FUNCTIONAL PUMP		
			16.00 – 16.45 PSICOMOTRICITA' 3/5 ANNI							
			16.55 – 17.40 PSICOMOTRICITA' 3/5 ANNI							
17.40 – 18.20 POSTURAL PILATES			17.45 – 18.30 PSICOMOTRICITA'	17.40 – 18.20 JOINT MOBILITY		17.40 – 18.20 STRONG				
18.30 – 19.10 PILATES		18.20 – 19.00 FUNCTIONAL TRAINING		18.30 - 19.10 DANCE &FITNESS	18.30 - 19.10 FIT WALKING	18.30 - 19.10 FUNCTIONAL PILATES	18.15 – 19.05 PILATES IN GRAVIDANZA*	18.00 – 18.40 FIT WALKING		
19.20 – 20.00 FUNCTIONAL TRAINING	19.00 – 19.50 HATHA YOGA	19.15 – 19.55 STEP & TONE	19.10 – 19.50 FIT WALKING	19.30 – 20.10 PILATES	19.20 - 19.50 FIT WALKING	19.25 – 20.05 TOTAL BODY	19.35 -20.15 SUSPENSION TRAINING	18.50 – 19.30 TOTAL BODY	18.30 – 19.10 PILATES	
20.15 – 20.55 POWER PUMP	20.05 – 20.45 PILATES CON LA SEDIA	20.10 - 20.50 INDOOR CYCLING	20.05 - 20.45 SUSPENSION TRAINING	20.25-21.15 YOGA IN VOLO	20.20 – 21.10 HATHA YOGA	20.15 – 20.55 INDOOR CYCLING	20.25 – 21.05 POSTURAL MIOFASZIALE			
21.10 – 21.50 POSTURAL TRAINING	20.55 – 21.55 DANZA DEL VENTRE*						21.15 – 21.55 MEDITAZIONE			

* CON ASTERISCO LE ATTIVITA' ESCLUSE DALL'OPEN