

PALINSESTO CORSI LUGLIO 2021 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 Giada		8.30 – 9.10 TOTAL BODY Fabio								
		9.20 – 10.00 FLEXIBLE STRENGTH Fabio								
			10.30- 11.20 PILATES* PICCOLI GRUPPI Stefania				10.30 - 11.20 PILATES* PICCOLI GRUPPI Stefania	10.00 – 10.40 POSTURAL TRAINING Fabio	10.30 – 11.30 PILATES MAMMA & BAMBINO* Michelle	10.10 – 10.50 FIT WALKING POWER Luisa B.
		13.00 – 13.40 PILATES Stefania				13.00 – 13.40 PILATES Stefania		12.40 – 13.20 FUNCTIONAL PUMP Fabio		
17.40 – 18.20 POSTURAL PILATES Giada				17.40 – 18.20 JOINT MOBILITY Liberata		17.40 – 18.20 STRONG Luisa D.				
18.30 – 19.10 PILATES Giada		18.20 – 19.00 FUNCTIONAL TRAINING Luisa D.		18.30 - 19.10 DANCE & FITNESS Liberata	18.30 - 19.10 FIT WALKING Luisa B.	18.30 - 19.10 FUNCTIONAL PILATES Luisa D.	18.15 – 19.05 PILATES IN GRAVIDANZA* Michelle			
19.20 – 20.00 FUNCTIONAL TRAINING Liberata	19.20 – 20.10 HATHA YOGA Giada	19.15 – 19.55 STEP & TONE Luisa D.	19.10 – 19.50 FIT WALKING Luisa B.	19.20 – 20.00 PILATES Giada	19.20 - 19.50 FIT WALKING Luisa B.	19.25 – 20.05 TOTAL BODY Luisa B.	19.35 -20.15 SUSPENSION TRAINING Giada			
20.10 – 20.50 POWER PUMP Liberata	20.15 – 20.55 PILATES CON LA SEDIA Giada	20.10 - 20.50 INDOOR CYCLING Luisa B.	20.00 -20.40 SUSPENSION TRAINING Fabio	20.10-21.00 YOGA IN VOLO Giada		20.15 – 20.55 INDOOR CYCLING Luisa B.	20.25 – 21.05 POSTURAL MIOFASCIALE Giada			
21.10 – 21.50 POSTURAL TRAINING Giada							21.15 – 21.55 MEDITAZIONE Giada			

* CON ASTERISCO LE ATTIVITA' ESCLUSE DALL'OPEN