

orario corsi

19.03.2018 - 25.03.2018

Muoviti S.S.D.R.L.
Via Tacito 30
41123 Modena
059 8629942
info@palestramuoviti.it



lunedì 19.03.2018	martedì 20.03.2018	mercoledì 21.03.2018	giovedì 22.03.2018	venerdì 23.03.2018	sabato 24.03.2018	domenica 25.03.2018
10:30 - 11:30 Posturale Alessia	07:30 - 08:30 Omnia H II T Sandro	09:30 - 10:30 Pilates Barre Alessia	09:30 - 10:30 Pilates Base 0,5 Alessia	09:30 - 10:30 Corpo libero Alessia	09:30 - 10:30 yoga 0.5 Eleonora	
12:40 - 13:10 Addominali Klaudia	09:30 - 10:30 Corpo libero Alessia	12:40 - 13:10 Up body	10:30 - 11:30 Ginnastica Postural... Alessia	10:30 - 11:30 Postural Roll Alessia	10:30 - 11:30 Posturale	
13:10 - 14:00 Functional Training... Sandro	10:30 - 11:30 Pilates Alessia	13:10 - 14:10 Hatha Yoga Fausto	11:30 - 12:30 X-TEMPO ENERGY VALERIA	12:40 - 13:10 Addominali Alessia	11:00 - 12:00 Pump	
13:10 - 14:10 Functional Pilates Alessia	11:30 - 12:30 X-TEMPO Valeria	13:10 - 14:10 Omnia Train Simone	12:40 - 13:10 Addominali Valeria	13:10 - 14:10 Hatha Yoga Fausto	14:00 - 15:00 Indoor Cycling Rodica Manea	
17:00 - 18:00 Slim Program	12:40 - 13:10 Addominali Valeria	13:10 - 13:45 DinamiC G.A.G Valeria	13:10 - 14:10 CardioPump Valeria	13:10 - 14:10 H.I.I.T Alessia		
17:10 - 18:10 Pump Klaudia	13:10 - 14:10 Pump Alessia	15:30 - 16:20 Walking circuit Valeria	13:10 - 14:10 Floating Pilates Alessia	17:10 - 18:05 Postural Roll Alessia T.		
18:10 - 19:10 Pilates Livello 1 Cecilia	13:10 - 14:10 Posturale Valeria	17:10 - 18:10 Posturale Alessia	15:30 - 16:15 Omnia Valeria	18:00 - 19:00 Addominali Stefano		
18:10 - 19:10 Kettlebell Alessia	15:30 - 16:15 Omnia	17:10 - 18:00 Total body workout Valeria	17:10 - 18:10 X-TEMPOENERGY VAleria	18:10 - 19:10 Yoga Amache Sheila		
19:00 - 20:00 Hatha Yoga Fausto	17:00 - 17:30 LOW BODY Valeria	18:00 - 18:50 OMNIA TRAIN VALERIA	18:00 - 19:00 Postural roll	18:30 - 19:00 H.I.I.T Stefano		
19:10 - 20:10 Functional Training... Sandro	17:10 - 18:10 Pilates Barre Cecilia	18:10 - 19:10 G.A.G. Klaudia	18:10 - 19:10 Step base Valeria	19:10 - 20:00 Crosscardio Stefano		
20:00 - 20:50 zumba Cecilia	17:30 - 18:00 Addominali Valeria	18:10 - 19:00 Floating Pilates Alessia	19:00 - 20:00 Hatha Yoga Fausto	19:10 - 20:10 Hatha Yoga 0,5		

Basic Class (max 10-12...) Small Group (max...)

aggiornato il: 23.03.2018

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<p>20:05 - 21:05 Indoor Cycling Fausto</p>	<p>18:10 - 19:10 Yoga Amache Sheila</p> <p>18:10 - 19:10 Fit Boxe Stefano</p> <p>19:10 - 20:10 Omnia Train Simone</p> <p>19:10 - 20:10 Pump Klaudia</p> <p>19:10 - 20:10 Posturale</p> <p>20:00 - 21:00 Cross Cardio Stefano</p> <p>20:00 - 21:00 Walking Eleonora</p>	<p>19:10 - 20:00 Zumba Cecilia</p> <p>19:10 - 20:10 Floating (TRX) 2 Alessia</p> <p>20:00 - 21:00 Pilates Cecilia</p> <p>20:00 - 20:45 Cardio Pump Valeria</p>	<p>19:10 - 20:10 Omnia Train Simone</p> <p>19:10 - 20:00 Fit Boxe Stefano</p> <p>20:00 - 21:00 Walking Eleonora</p> <p>20:00 - 21:00 Pump Stefano</p>	<p>20:00 - 21:00 Indoor Cycling Fausto</p>		



Basic



Class (max 10-12...)



Small Group (max...)

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