

orario corsi

15.01.2018 - 21.01.2018

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



lunedì 15.01.2018	martedì 16.01.2018	mercoledì 17.01.2018	giovedì 18.01.2018	venerdì 19.01.2018	sabato 20.01.2018	domenica 21.01.2018
10:30 - 11:30 Posturale	07:30 - 08:30 Omnia H II T	09:30 - 10:30 Pilates Barre	09:30 - 10:30 Pilates Base 0,5	09:30 - 10:30 Corpo libero	09:30 - 10:30 yoga 0.5	
12:40 - 13:10 Addominali	09:30 - 10:30 Corpo libero	12:40 - 13:10 Addominali	13:10 - 14:10 Metabolic Circuit	10:30 - 11:30 Postural Roll	10:30 - 11:30 Posturale	
13:10 - 14:10 Functional Training...	10:30 - 11:30 Pilates	13:10 - 14:10 Gambe e Glutei	13:10 - 14:10 Floating Pilates	12:40 - 13:10 Addominali	11:00 - 12:00 Pump	
13:10 - 14:10 Functional Pilates	13:10 - 14:10 Pump	13:10 - 14:10 Hatha Yoga	17:10 - 18:10 Total Body	13:10 - 14:10 Hatha Yoga	14:00 - 15:00 Indoor Cycling	
17:00 - 18:00 Slim Program	13:10 - 14:10 Posturale	13:10 - 14:10 Omnia Train	18:00 - 19:00 Postural roll	13:10 - 14:10 H.I.I.T		
17:10 - 18:10 Pump	17:10 - 18:10 Pilates Barre	17:10 - 18:10 Posturale	18:10 - 19:10 Functional training...	17:10 - 18:05 Postural Roll		
18:10 - 19:10 Pilates Livello 1	18:10 - 19:10 Yoga Amache	18:10 - 19:10 G.A.G.	19:00 - 20:00 Hatha Yoga	18:00 - 19:00 Addominali		
18:10 - 19:10 Kettlebell	18:10 - 19:10 Fit Boxe	18:10 - 19:10 Floating Pilates	19:10 - 20:10 Omnia Train	18:10 - 19:10 Yoga Amache		
19:00 - 20:00 Hatha Yoga	19:10 - 20:10 Omnia Train	19:10 - 20:10 Zumba	19:10 - 20:10 Fit Boxe	18:30 - 19:30 H.I.I.T		

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

aggiornato il: 19.01.2018

orario corsi

15.01.2018 - 21.01.2018

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



lunedí 15.01.2018	martedì 16.01.2018	mercoledì 17.01.2018	giovedì 18.01.2018	venerdì 19.01.2018	sabato 20.01.2018	domenica 21.01.2018
19:10 - 20:10 Functional Training...	19:10 - 20:10 Pump	19:10 - 20:10 Floating (TRX) 2	20:00 - 21:00 Walking	19:10 - 20:10 Crosscardio		
20:00 - 20:50 zumba	19:10 - 20:10 Posturale	20:00 - 21:00 Pilates	20:00 - 21:00 Pump	19:10 - 20:10 Hatha Yoga 0,5		
20:05 - 21:05 Indoor Cycling	20:00 - 21:00 Cross Cardio	20:00 - 21:00 Addom./HIIT		20:00 - 21:00 Indoor Cycling		
	20:00 - 21:00 Walking					

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

aggiornato il: 19.01.2018