

orario corsi

10.12.2018 - 16.12.2018

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



lunedì 10.12.2018	martedì 11.12.2018	mercoledì 12.12.2018	giovedì 13.12.2018	venerdì 14.12.2018	sabato 15.12.2018	domenica 16.12.2018
10:30 - 11:30 Posturale Alessia	07:10 - 07:50 Omnia H II T Sandro	09:30 - 10:30 Pilates Alessia	09:30 - 10:30 Omnia Valeria	09:30 - 10:30 Walking Eleonora	09:30 - 10:30 Hata Yoga Liv 0,5	10:00 - 11:00 Indoor Cycling Rodica
12:40 - 13:10 Addominali Klaudia	09:30 - 10:30 Circuito Funzionale... Alessia	10:30 - 11:30 Postural roll Gio	09:30 - 10:30 Corpo libero Valeria	12:40 - 13:10 Addominali Alessia	10:30 - 11:30 Posturale	11:00 - 12:00 Fit Boxe Rodica
13:10 - 14:10 Pilates Alessia	10:30 - 11:30 Pilates Alessia	12:40 - 13:10 Addominali Valeria	10:30 - 11:30 Posturale Alessia	13:10 - 14:10 Hatha Yoga	10:30 - 11:30 Walking Eleonora	
13:10 - 14:00 Circuit GAG Klaudia	10:30 - 11:30 Floating Pilates Alessia	13:10 - 14:10 Hatha Yoga	11:30 - 12:30 Omnia Valeria	13:10 - 14:10 H.I.I.T Alessia	11:30 - 12:30 Pump	
18:00 - 19:00 Pump Klaudia	12:40 - 13:10 Addominali Valeria	13:10 - 14:10 Dinamic GAG Valeria	12:40 - 13:10 Addominali Alessia	17:10 - 18:00 Postural roll Alessia T.		
18:10 - 19:10 Pilates Livello 1 Alessia	13:10 - 14:10 Pump Alessia	13:30 - 14:30 OMNIA Sandro	13:10 - 14:10 Functional Pump Valeria	18:00 - 19:00 Addominali Stefano		
18:10 - 19:00 Circuit GAG Klaudia	13:10 - 14:10 Posturale Valeria	17:10 - 18:10 Posturale Valeria	13:10 - 14:10 Floating Pilates Alessia	18:30 - 19:00 H.I.I.T Klaudia		
19:00 - 20:00 Hatha Yoga Eleonora	13:10 - 14:00 Pilates Alessia	18:10 - 19:00 Floating Pilates Cecilia	13:10 - 14:00 Posturale	19:10 - 20:10 Tai-chi		
19:10 - 20:10 Functional Training... Sandro	17:10 - 18:00 Pump Klaudia	18:10 - 19:00 X-TEMPOENERGY Valeria	17:10 - 18:00 Posturale	19:10 - 20:00 Zumba Cecilia		
20:10 - 21:00 Walking circuit Eleonora	18:10 - 19:00 Yoga Amache Sheila	19:10 - 20:00 Zumba Cecilia	17:10 - 18:00 Walking Alessia			
	18:10 - 19:00 Total body function... Valeria	19:10 - 20:10 Floating (TRX) 2 Matteo	18:00 - 19:00 Postural roll Alessia			



Basic



Class (max 10-12...)



Small Group (max...)

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	<p>18:10 - 19:00 Walking Nadia</p> <p>19:10 - 20:10 Omnia Train Simone</p> <p>19:10 - 20:00 Posturale Valeria</p> <p>19:10 - 20:00 Fit Boxe Rodica</p> <p>20:00 - 21:00 Pump Valeria</p>	<p>20:00 - 21:00 Pilates Cecilia</p> <p>20:10 - 21:00 Functional Training... Matteo</p>	<p>18:10 - 19:00 Step coreo Valeria</p> <p>19:10 - 20:10 Omnia Train Valeria</p> <p>19:10 - 20:00 Pump Klaudia</p> <p>19:10 - 20:00 Yoga Eleonora</p> <p>20:00 - 21:00 Walking Eleonora</p>			

 Basic

 Class (max 10-12...)

 Small Group (max...)

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