

# orario corsi

13.08.2018 - 19.08.2018

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



lunedì 13.08.2018	martedì 14.08.2018	mercoledì 15.08.2018	giovedì 16.08.2018	venerdì 17.08.2018	sabato 18.08.2018	domenica 19.08.2018
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 Omnia Valeria	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... Klaudia	10:30 - 11:30 Pilates Alessia	13:10 - 14:10 Hatha Yoga Fausto	12:40 - 13:10 Addominali Valeria	12:40 - 13:10 Addominali Alessia	11:00 - 12:00 Pump	
13:10 - 14:10 Functional Pilates Alessia	12:40 - 13:10 Addominali Valeria	13:10 - 14:10 Omnia Train Simone	13:10 - 14:10 CardioPump Valeria	13:10 - 14:10 Hatha Yoga Fausto	14:00 - 15:00 Indoor Cycling Rodica Manea	
17:00 - 18:00 Slim Program	13:10 - 14:10 Pump Alessia	13:10 - 13:45 DinamiC G.A.G Valeria	13:10 - 14:10 Floating Pilates Alessia	13:10 - 14:10 H.I.L.T Alessia		
17:10 - 18:10 Pump Klaudia	13:10 - 14:10 Posturale Valeria	15:30 - 16:20 Walking circuit Valeria	13:10 - 14:00 Posturale	13:10 - 14:00 Postural Roll Alessia		
18:00 - 19:00 Pump Klaudia	13:10 - 14:00 Pilates Alessia	17:10 - 18:10 Posturale Alessia	15:30 - 16:15 Omnia Valeria	13:10 - 14:00 Yoga		
18:10 - 19:10 Pilates Livello 1 Cecilia	15:30 - 16:15 Omnia	17:10 - 18:00 Total body workout Valeria	17:10 - 18:10 X-TEMPOENERGY VAleria	17:10 - 18:05 Postural Roll Alessia T.		
18:10 - 19:10 Kettlebell Alessia	17:00 - 17:30 LOW BODY Valeria	18:00 - 18:50 OMNIA TRAIN VALERIA	17:10 - 18:00 Posturale	18:00 - 19:00 Addominali Stefano		
18:10 - 19:00 Posturale Alessia	17:10 - 18:10 Yoga Amache Sheila	18:10 - 19:10 G.A.G. Klaudia	18:00 - 19:00 Postural roll	18:10 - 19:10 Yoga Amache Sheila		
18:10 - 19:00 Ginnastica Postural... Alessia	17:30 - 18:00 Addominali Valeria	18:10 - 19:00 Floating Pilates Alessia	18:10 - 19:10 Step base Valeria	18:30 - 19:00 H.I.L.T Stefano		



Basic



Class (max 10-12...)



Small Group (max...)

aggiornato il: 19.08.2018

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<p>19:00 - 20:00 Hatha Yoga Fausto</p> <p>19:10 - 20:10 Functional Training... Sandro</p> <p>20:00 - 20:50 zumba Cecilia</p> <p>20:05 - 21:05 Indoor Cycling Fausto</p>	<p>18:10 - 19:10 Fit Boxe Stefano</p> <p>18:10 - 19:10 X-TEMPOILATES6&amp;MOR... Valeria</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>18:10 - 19:00 X-TEMPOENERGY VAalera</p> <p>19:00 - 20:00 Hatha Yoga Fausto</p> <p>19:10 - 20:10 Omnia Train Simone</p> <p>19:10 - 20:00 Fit Boxe Stefano</p> <p>19:10 - 20:00 Yoga</p> <p>20:00 - 21:00 Walking Eleonora</p> <p>20:00 - 21:00 Pump Stefano</p>	<p>19:10 - 20:00 Crosscardio Stefano</p> <p>19:10 - 20:10 Hatha Yoga 0,5</p> <p>20:00 - 21:00 Indoor Cycling Fausto</p>		

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