











# PROGRAMMA CORSI DAL 9 APRILE

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
MATTINO		<b>OMNIA H I I T</b> 07.30 SANDRO SALA FUNZIONALE				
13		<b>CORPO LIBERO 0,5</b> 09.30 ALESSIA SALA RED	<b>PILATES BARRE 1</b> 09.30 ALESSIA SALA GREEN	 09.30 VALERIA SALA RED	<b>CORPO LIBERO 0,5</b> 09.30 ALESSIA SALA RED	<b>HATA YOGA LIV 0,5</b> 9.30 ELEONORA SALA GREEN
	<b>POSTURALE</b> 10.30 ALESSIA SALA GREEN	<b>PILATES 1</b> 10.30 ALESSIA SALA GREEN		<b>POSTURALE</b> 10.30 VALERIA SALA GREEN	<b>POSTURAL ROLL</b> 10.30 ALESSIA SALA GREEN	<b>POSTURALE</b> 10.30 SALA GREEN
						 11.00 STEFANO SALA RED
	<b>ADDOMINALI 30MIN</b> 12.40 KLAUDIA SALA RED	<b>CORE &amp;STRETCH</b> 12.40 VALERIA SALA RED	<b>UP BODY</b> 12.40 VALERIA SALA RED	<b>CORE &amp;STRETCH</b> 12.40 VALERIA SALA RED	<b>ADDOMINALI 30MIN</b> 12.40 ALESSIA SALA RED	
	<b>FUNCT GAG</b> 13.10 KLAUDIA SALA RED	 13.10 ALESSIA SALA RED	<b>DINAMIC GAG</b> 13.10 VALERIA SALA RED	<b>CARDIO PUMP</b> 13.10 VALERIA SALA RED	<b>H.I.I.T</b> 13.10 ALESSIA SALA RED	
	<b>FUNCTIONAL PILATES</b> 13.10 ALESSIA SALA GREEN	<b>POSTURALE</b> 13.10 VALERIA SALA GREEN	<b>HATA YOGA LIV 1</b> 13.10 FAUSTO SALA GREEN	<b>FLOATING PILATES</b> 13.10 CECILIA SALA GREEN	<b>HATA YOGA LIV 1</b> 13.10 FAUSTO SALA GREEN	
			<b>OMNIA TRAIN</b> 13.10 SIMONE SALA FUNZIONALE			
		<b>OMNIA BURN 30'</b> 15.30 VALERIA SALA FUNZIONALE	<b>WALKING BURN 30'</b> 15.30 VALERIA SALA FUNZIONALE	<b>OMNIA BURN 30'</b> 15.30 VALERIA SALA FUNZIONALE		<b>INDOOR CYCLING</b> 14.00 RODICA SALA RED
		<b>LOW BODY</b> 17.00 VALERIA SALA RED				
	17	<b>SLIM PROGRAM</b> 17.00 ALESSIA	<b>CORE &amp;STRETCH</b> 17.30 VALERIA SALA RED	<b>TOTAL BODY</b> 17.10 VALERIA SALA RED		
18	 17.10 KLAUDIA SALA RED	<b>YOGA AMACHE</b> 17:10 SHEILA SALA GREEN	<b>POSTURALE</b> 17.10 ALESSIA SALA GREEN	 17.10 VALERIA SALA RED	<b>POSTURAL ROLL</b> 17.10 ALESSIA T SALA GREEN	
	<b>KETTLEBELL</b> 18.10 ALESSIA SALA RED	 18.10 PILATES & MORE VALERIA	<b>FLOATING PILATES</b> 18.10 ALESSIA SALA GREEN	<b>POSTURAL ROLL</b> 18.10 ALESSIA SALA GREEN	<b>ADDOM./HIIT</b> 18.10 KLAUDIA SALA RED	
19	<b>PILATES</b> 18.10 CECILIA SALA GREEN	<b>FIT BOXE</b> 18.10 RODICA SALA RED	<b>G.A.G</b> 18.10 KLAUDIA SALA RED	<b>STEP BASIC</b> 18.10 VALERIA SALA RED	<b>YOGA AMACHE</b> 18.10 SHEILA SALA GREEN	
		<b>OMNIA TRAIN</b> 19.10 SANDRO SALA FUNZIONALE	<b>ZUMBA</b> 19.10 CECILIA SALA RED	<b>OMNIA TRAIN</b> 19.10 SANDRO SALA FUNZIONALE		
20	<b>FUNCT TRAINING</b> 19.10 SANDRO SALA RED	 19.10 KLAUDIA SALA RED	<b>FLOATING (TRX) 2</b> 19.10 ALESSIA SALA GREEN	<b>FIT BOXE</b> 19.10 STEFANO SALA RED	<b>CROSS CARDIO</b> 19.10 STEFANO SALA RED	
	<b>HATA YOGA LIV 1</b> 19.00 FAUSTO SALA GREEN	<b>POSTURALE</b> 19.10 CECILIA SALA GREEN	<b>CARDIO PUMP</b> 20.00 VALERIA SALA RED	<b>HATA YOGA LIV 1</b> 19.00 FAUSTO SALA GREEN	<b>HATA YOGA LIV 0,5</b> 19.05 ELEONORA SALA GREEN	
	<b>INDOOR CYCLING</b> 20.05 FAUSTO SALA RED	<b>CROSS CARDIO</b> 20.00 STEFANO SALA RED	<b>PILATES</b> 20.00 CECILIA SALA GREEN	 20.00 STEFANO SALA RED	<b>INDOOR CYCLING</b> 20.05 FAUSTO SALA RED	
	<b>ZUMBA</b> 20.00 CECILIA SALA GREEN	<b>WALKING CIRCUIT</b> 20.00 ELEONORA SALA GREEN		<b>WALKING</b> 20.00 ELEONORA SALA GREEN		

## LEGENDA

<b>BASIC</b>
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<b>SMALL GROUP</b>
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<b>CLASS</b>
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