# PROGRAMMA CORSI DAL 10 GENNAIO

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|---|---|---|---|---|---|---|
| MATTINO | | **OMNIA**<br>7.30 GIO<br>SALA FUNZIONALE | | | | |
| | | **CORPO LIBERO**<br>9.30 ALESSIA<br>SALA RED | **FLOATING PILATES**<br>09.30 ALESSIA<br>SALA GREEN | **CORPO LIBERO**<br>9.30 VALERIA<br>SALA RED | | **HATA YOGA LIV 0,5**<br>9.30 ELEONORA<br>SALA GREEN |
| | **POSTURALE**<br>10.30 ALESSIA<br>SALA GREEN | **PILATES**<br>10.30 ALESSIA<br>SALA GREEN | | **POSTURALE**<br>10.30 VALERIA<br>SALA GREEN | **WALKING 0,5**<br>9.30 ALESSIA SALA GREEN | **WALKING**<br>10.30 ELEONORA<br>SALA GREEN |
| | | | | | | **POSTURALE**<br>10.30 A ROTAZIONE<br>SALA RED |
| | **ADDOMINALI 30MIN**<br>12.40 KLAUDIA<br>SALA RED | **ADDOMINALI 30MIN**<br>12.40 VALERIA<br>SALA RED | **ADDOMINALI 30MIN**<br>12.40 VALERIA SALA RED | **ADDOMINALI 30MIN**<br>12.40 VALERIA<br>SALA RED | **ADDOMINALI 30MIN**<br>12.40 ALESSIA<br>SALA RED | **PUMP**<br>11.30 A ROTAZIONE<br>SALA RED |
| 13 | **CIRCUIT**<br>13.10 KLAUDIA<br>SALA RED | **PUMP**<br>13.10 ALESSIA<br>SALA RED | **DINAMIC GAG**<br>13.10 VALERIA<br>SALA RED | **FUNCT PUMP**<br>13.10 VALERIA<br>SALA RED | **HIIT**<br>13.10 ALESSIA<br>SALA RED | |
| | **FUNCT PILATES**<br>13.10 ALESSIA<br>SALA GREEN | **POSTURALE**<br>13.10 VALERIA<br>SALA GREEN | **HATA YOGA LIV 1**<br>13.10 PAOLO<br>SALA GREEN | **FLOATING PILATES**<br>13.10 ALESSIA<br>SALA GREEN | **HATA YOGA LIV 1**<br>13.10 PAOLO<br>SALA GREEN | |
| 17 | | **PUMP**<br>17.10 KLAUDIA<br>SALA RED | **POSTURALE**<br>17.10 VALERIA<br>SALA GREEN | **WALKING**<br>17.10 ALESSIA<br>SALA GREEN | **POSTURAL ROLL**<br>17.10 GIO<br>SALA GREEN | DOMENICA |
| 18 | **FUNCT PILATES**<br>18.10 ALESSIA SALA GREEN | **WALKING**<br>18.10 NADIA<br>SALA GREEN | **XTEMPO ENERGY**<br>18.10 VALERIA<br>SALA RED | **POSTURAL ROLL**<br>18.10 ALESSIA<br>SALA GREEN | **ADDOMINALI 30MIN**<br>18.00 KLAUDIA<br>SALA RED | **INDOOR CYCLING**<br>10.0 RODICA<br>SALA RED |
| | **CIRCUIT GAG**<br>18.10 KLAUDIA<br>SALA RED | **TBF**<br>18.10 VALERIA<br>SALA RED | **FLOATING PILATES**<br>18.10 CECILIA<br>SALA GREEN | **STEP COREO**<br>18.10 VALERIA<br>SALA RED | **HIIT**<br>18.30 KLAUDIA<br>SALA RED | **CIRCUIT TRAINING**<br>11.00 RODICA<br>SALA RED |
| 19 | **FUNCTIONAL**<br>19.10 SANDRO<br>SALA RED | **POSTURALE**<br>19.10 VALERIA<br>SALA GREEN | **ZUMBA**<br>19.10 CECILIA<br>SALA RED | **PUMP**<br>19.10 KLAUDIA<br>SALA RED | **ZUMBA**<br>19.10 CECILIA<br>SALA RED | |
| | **HATA YOGA LIV1**<br>19.10 ELEONORA<br>SALA GREEN | **FIT BOXE**<br>19.10 RODICA<br>SALA RED | **CIRCUIT TRAINING**<br>19.10 ALESSIA<br>SALA RED | **HATA YOGA LIV1**<br>19.10 ELEONORA<br>SALA GREEN | **TAI CHI**<br>19.10 MATTEO<br>SALA GREEN | |
| | | **OMNIA**<br>19.10 SANDRO SALA FUNZIONALE | | **OMNIA**<br>19.10 VALERIA<br>SALA FUNZIONALE | | |
| 20 | **WALKING CIRCUIT**<br>20.10 ELEONORA<br>SALA GREEN | **PUMP**<br>20.10 VALERIA<br>SALA RED | **PILATES**<br>20.10 CECILIA<br>SALA GREEN | **WALKING**<br>20.10 ELEONORA<br>SALA GREEN | | |
| | | | **TABATA SYSTEM**<br>20.10 ALESSIA<br>SALA RED | | | |

LEGENDA

| BASIC | CLASS | EXTRA ABB. |
|---|---|---|
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