



PROGRAMMA CORSI DAL 5 FEBBRAIO

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
MATTINO		OMNIA H IIT 07.30 SANDRO SALA FUNZIONALE				
		CORPO LIBERO 0,5 09.30 ALESSIA Sala red	PILATES BARRE 1 09.30 ALESSIA SALA GREEN	PILATES 0,5 09.30 ALESSIA T SALA GREEN	CORPO LIBERO 0,5 09.30 ALESSIA SALA RED	HATA YOGA LIV 0,5 9.30 ELEONORA SALA GREEN
	POSTURALE 10.30 ALESSIA SALA GREEN	PILATES 1 10.30 ALESSIA SALA GREEN			POSTURAL ROLL 10.30 ALESSIA SALA GREEN	POSTURALE 10.30 SALA GREEN
		TOTAL BODY 1 11.30 VALERIA SALA RED		X TEMPO ENERGY 11.30 VALERIA SALA RED		PUMP 11.00 STEFANO SALA RED
	ADDOMINALI 30MIN 12.40 KLAUDIA SALA RED	CORE &STRETCH 12.40 VALERIA SALA RED	UP BODY 12.40 VALERIA SALA RED	CORE &STRETCH 12.40 VALERIA SALA RED	ADDOMINALI 30MIN 12.40 ALESSIA SALA RED	
	FUNCT GAG 13.10 KLAUDIA SALA RED	PUMP 13.10 ALESSIA SALA RED	DINAMIC GAG 13.10 VALERIA SALA RED	CARDIO PUMP 13.10 VALERIA SALA RED	H.I.I.T 13.10 ALESSIA SALA RED	
	FUNCTIONAL PILATES 13.10 ALESSIA SALA GREEN	POSTURALE 13.10 VALERIA SALA GREEN	HATA YOGA LIV 1 13.10 FAUSTO SALA GREEN	FLOATING PILATES 13.10 CECILIA SALA GREEN	HATA YOGA LIV 1 13.10 FAUSTO SALA GREEN	
			OMNIA TRAIN 13.10 SIMONE SALA FUNZIONALE			
					INDOOR CYCLING 14.00 RODICA SALA RED	
	LOW BODY 17.00 VALERIA SALA RED	TOTAL BODY 17.00 VALERIA SALA RED				
17	SLIM PROGRAM 17.00 ALESSIA	CORE &STRETCH 17.30 VALERIA SALA RED	POSTURALE 17.00 ALESSIA SALA GREEN			DOMENICA
	PUMP 17.10 KLAUDIA SALA RED	PILATES BARRE 17.10 CECILIA SALA GREEN	FLOATING PILATES 18.10 ALESSIA SALA GREEN	X-TEMPO ENERGY 17.00 VALERIA SALA RED	POSTURAL ROLL 17.10 ALESSIA T SALA GREEN	
18	KETTLEBELL 18.10 ALESSIA SALA RED	YOGA AMACHE 18.10 SHEILA SALA GREEN	OMNIA TRAIN 18.10 VALERIA SALA FUNZIONALE	POSTURAL ROLL 18.10 ALESSIA SALA GREEN	ADDOM./HIIT 18.10 KLAUDIA SALA RED	
	PILATES 18.10 CECILIA SALA GREEN	FIT BOXE 18.10 RODICA SALA RED	G.A.G 18.10 KLAUDIA SALA RED	STEP BASIC 18.10 VALERIA SALA RED	YOGA AMACHE 18.10 SHEILA SALA GREEN	
19		OMNIA TRAIN 19.10 SANDRO SALA FUNZIONALE	ZUMBA 19.10 CECILIA SALA RED	OMNIA TRAIN 19.10 SANDRO SALA FUNZIONALE		
	FUNCT TRAINING 19.10 SANDRO SALA RED	PUMP 19.10 KLAUDIA SALA RED	FLOATING (TRX) 2 19.10 ALESSIA SALA GREEN	FIT BOXE 19.10 STEFANO SALA RED	CROSS CARDIO 19.10 STEFANO SALA RED	
	HATA YOGA LIV 1 19.00 FAUSTO SALA GREEN	POSTURALE 19.10 CECILIA SALA GREEN	CORE &STRETCH 20.00 VALERIA SALA RED	HATA YOGA LIV 1 19.00 FAUSTO SALA GREEN	HATA YOGA LIV 0,5 19.05 VALERIO SALA GREEN	
20	INDOOR CYCLING 20.05 FAUSTO SALA RED	CROSS CARDIO 20.00 STEFANO SALA RED	LOW BODY 20.30 VALERIA SALA RED	PUMP 20.00 STEFANO SALA RED	INDOOR CYCLING 20.05 FAUSTO SALA RED	
	ZUMBA 20.00 CECILIA SALA GREEN	WALKING LIV 1 20.00 ELEONORA SALA GREEN	PILATES 20.00 CECILIA SALA GREEN	WALKING LIV 1 20.00 ELEONORA SALA GREEN		

LEGENDA

BASIC	SMALL GROUP	CLASS