



# CORSI FITNESS

# PROGRAMMA SETTIMANALE 2022/2023

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	SABATO
Casalmaiocco	Mulazzano	Sordio	Casalmaiocco	Dresano	Casalmaiocco	Casalmaiocco	Sordio	Sordio	Sordio
		9.00/10.00 GINNASTICA DOLCE <i>Eliana</i>					09.00/10.00 GINNASTICA DOLCE <i>Eliana</i>		9.00/9.50 PERSONAL TRAINING
	12.45/13.30 FITNESS TIME PANCIA PIATTA GAMBE TONICHE CHIAPPE SODE <i>Gloria</i>								10.00/10.50 PERSONAL TRAINING
									11.00/11.50 PERSONAL TRAINING
		18.00/18.50 PERSONAL TRAINING				18.15/19.00 TRAINING CREW POTENZIAMENTO <i>Jambe</i>	18.00/18.50 PERSONAL TRAINING		
19.15/20.05 FUNZIONALE (TOTAL BODY) <i>Leonora</i>		19.00/20.00 PERSONAL TRAINING	18.45/19.45 YOGA <i>Eliana</i>	19.00/19.45 ZUMBA FITNESS <i>Alice</i>	19.15/20.05 FUNZIONALE (TOTAL BODY) <i>Leonora</i>	19.15/20.00 FITNESS TIME PANCIA PIATTA GAMBE TONICHE CHIAPPE SODE <i>Gloria</i>		19.30/20.15 ZUMBA FITNESS <i>Alice</i>	
20.10/21.00 PILATES <i>Leonora</i>			19.45/20.45 SOFT TOTAL BODY <i>Arianna</i>		20.10/21.00 PILATES <i>Leonora</i>				

new

new

new