

PLANNING CORSI



LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

MATTINA

07.00-07.45 SPINNING

09.00-09.50 PUMP

10.00-10.45 BUNGEE FLY

09.00-09.50 CROSS TRAINING

10.00-10.50 G.A.G.

07.00-07.30 TOTALE ABDOMINAL

07.30-08.00 POSTURAL&STRETCHING

09.00-09.50 BODY & TONE

10.00-10.50 PILATES

09.00-09.50 SPINNING

10.00-10.30 TOTAL ABDOMINAL

10.30-11.00 POSTURAL&STRETCHING

07.00-07.45 CROSS TRAINING

09.00-09.50 REGGAETON FUN

10.00-10.50 TOTAL BODY

PAUSA PRANZO

13.00-13.30 TOTAL ABDOMINAL

13.30-14.00 POSTURAL&STRETCHING

13.00-13.50 SPINNING

13.00-13.50 G.A.G.

13.00-13.45 SUSPENSION TRAINING

13.00-13.50 PILATES

SERA

18.15-19.05 TOTAL BODY

19.15-20.05 G.A.G.

20.15-21.05 PILATES

18.15-19.05 PUMP

19.15-20.00 BUNGEE FLY

20.05-20.35 TOTAL ABDOMINAL

20.35-21.05 POSTURAL&STRETCHING

18.15-19.05 SPINNING

19.15-20.05 HATHA YOGA

18.15-19.05 CROSS TRAINING

19.15-20.05 PILATES

18.15-19.05 STEP & TONE

19.15-20.00 BUNGEE FLY

PLANNING IN VIGORE DAL 16.03.2026

*IL NUMERO MINIMO DI PARTECIPANTI AL CORSO E' DI 3 PERSONE