

# PLANNING CORSI



LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

## MATTINA

07.00-07.45 SPINNING

09.00-09.50 PUMP

10.00-10.50 KOREO STEP

09.00-09.50 CROSS TRAINING

10.00-10.50 G.A.G.

07.00-07.45 RISVEGLIO MUSCOLARE

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

13.00-13.50 TOTAL BODY

13.00-13.50 SPINNING

13.00-13.50 G.A.G.

13.00-13.45 SUSPENSION TRAINING

13.00-13.30 TOTAL ABDOMINAL

13.30-14.00 POSTURAL & STRETCHING

## SERA

18.15-19.05 STEP & TONE

19.15-20.05 G.A.G.

20.15-21.05 PILATES

18.15-19.05 CROSS TRAINING

19.15-19.45 TOTAL ABDOMINAL

20.00-20.50 SPINNING

18.15-19.05 SPINNING

19.15-20.05 BODY & TONE

20.15-21.15 HATHA YOGA

18.15-19.05 PUMP

19.15-20.05 FUNCTIONAL STEP

20.15-21.05 REGGAETON FUN

18.15-19.05 SPINNING

19.15-20.05 TOTAL BODY

20.15-20.45 INTERVAL TRAINING

PLANNING IN VIGORE DAL 04.11.2024

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