ORARIO FITNESS 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ORARIO | LUNEDI’ | MARTEDI’ | MERCOLEDI’ | GIOVEDI’ | VENERDI’ | SABATO |
| 09.15 | POSTURALE | POSTURALE |  | POSTURALE |  |  |
| 09.30 |  |  |  |  |  | MBC ADULTI |
| 10.15 | CORPO LIBERO | CORPO LIBERO |  | CORPO LIBERO |  | FITNESS |
| 10.30 |  |  |  |  |  | SPINNING CIRCUITO |
| 11.30 |  |  |  |  |  | FLEX MOBILITY |
| 12.45 |  | CORE STABILITY |  | CORE STABILITY |  |  |
| 13.30 |  | MBC |  | MBC |  |  |
| 14.00 | STEP TONE | FLEXI GYM | STEP TONE | FLEXI GYM | STEP TONE |  |
| 14.30 |  | STRECHING |  | STRECHING |  |  |
| 15.00 | PILATES |  | PILATES |  | PILATES |  |
| 16.00 |  | CORE STABILITY |  | CORE STABILITY |  |  |
| 17.00 | FTC |  |  |  | FTC |  |
| 18.00 | STEP AND TONE | YOGA | RED AND FUCTION | FTC  YOGA | NTC/ZUU |  |
| 18.30 | MUAI THAY |  |  | MUAI THAY |  |  |
| 19.00 | PILATES | FTC | PILATES |  | PILATES |  |
| 20.00 | KICK BOXING |  | KICK BOXING |  | KICK BOXING |  |

|  |  |
| --- | --- |
| ISTRUTTORI | ANDREA |
| FEDERICO | MARCO |
| STEFANO | LORIS |
| BRUNO | ANDREA PAULA |
| ROSY |  |

ORARIO ACQUAFITNESS 2019

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ORARIO | LUNEDI’ | MARTEDI’ | MERCOLEDI’ | GIOVEDI’ | VENERDI’ | SABATO |
| 09.15 | ACQUAFIT | ACQUAFIT | IDROBIKE | ACQUAFIT | IDROBIKE | ACQUAFIT |
| 14.00 | IDROBIKE |  | IDROBIKE |  | IDROBIKE |  |

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| ISTRUTTORI |
| CINZIA |
| BRUNO |

