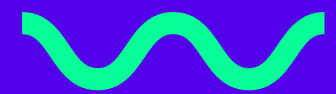


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



lun	mar	mer	gio	ven	sab
	07:30 FUNCTIONAL TRAINING Davida (8 persone) ✓		07:30 FUNCTIONAL TRAINING Jacopo (8 persone) ✓		
09:30 GINNASTICA DOLCE Jacopo	09:30 SENIOR TRAINING Davida	09:30 PILATES BASIC Elisabetta	09:30 SENIOR TRAINING Jacopo	09:30 FIT YOGA SENIOR Raffaella	09:30 METABOLIC TRAINING Romina
					10:30 POWER YOGA Romina
	12:15 FITBOXE Davida		12:15 FUNCTIONAL TRAINING Davida (8 persone) ✓		
12:30 METABOLIC TRAINING Romina		12:30 REBOUND Romina ✓		12:30 POWER YOGA Romina	
	13:15 PILATES ADV Raffaella		13:00 PILATES ADV Raffaella		
			13:15 FUNCTIONAL TRAINING Davida (8 persone) ✓		
18:00 METABOLIC TRAINING Romina	18:00 FITBOXE Davida	18:00 FUNCTIONAL TRAINING Davida (8 persone) ✓	18:00 REBOUND Romina ✓	18:00 FITBOXE Davida	
		18:00 METABOLIC TRAINING Romina			
19:00 METABOLIC TRAINING Romina	19:00 REBOUND Romina ✓	19:00 FITBOXE STEP Davida	19:00 POWER YOGA Romina	19:00 ZUMBA Giulio	
20:15 SALSA CUBANA Andrea (base 1) ⚡	20:15 REGGAETON Andrea ⚡	20:30 DANZA DEL VENTRE Rita ⚡			
21:15 SALSA CUBANA Andrea (intermedi 1) ⚡	21:15 SALSA CUBANA Andrea (intermedi 2) ⚡				

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SCHIO / CORSI 2017-18

lun-ven 06:00 / 23:00
sab-dom 08:00 / 18:00

INTENSITÀ

-  Bassa
-  Medio-bassa
-  Medio-alta
-  Alta

⚡ **CORSO EXTRA ABBONAMENTO**

✓ **PRENOTAZIONE OBBLIGATORIA**
Disdetta obbligatoria almeno 8 ore prima del corso

🕒 **DURATA DEL CORSO**
I corsi variano da 45 a 60 minuti, salvo diversa indicazione

I corsi potranno subire variazioni.
Si svolgeranno con un minimo di 7 partecipanti