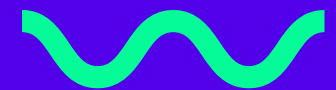


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VICENZA / CORSI 2018-19





lun	mar	mer	gio	ven	sab
09:00 <b>PILATES BASIC</b> Elisabetta	09:00 <b>SENIOR TRAINING</b> Silvia		09:00 <b>SENIOR TRAINING</b> Silvia	09:00 <b>PILATES BASIC</b> Elisabetta	
10:00 <b>TOTAL BODY</b> Yulia	10:00 <b>PILATES ADV</b> Elisabetta		10:00 <b>PILATES ADV</b> Elisabetta	10:00 <b>TOTAL BODY</b> Yulia	10:30 <b>FITBOXE / FUNCTIONAL</b> Davida
12:30 <b>CROSS TRAINING</b> Manuel		12:30 <b>CROSS TRAINING</b> Manuel		12:30 <b>CROSS TRAINING</b> Manuel	
13:00 <b>BEAT HIIT</b> Yulia	13:00 <b>TONE&amp;FLEX</b> Elisabetta	13:00 <b>STRONG 360°</b> Yulia	13:00 <b>TONE&amp;FLEX</b> Elisabetta	13:00 <b>BEAT HIIT</b> Yulia	
18:00 <b>STEP</b> Suaien	18:00 <b>PILATES ADV</b> Elisabetta	18:00 <b>FUNCTIONAL TRAINING</b> Davida	18:00 <b>PILATES BASIC</b> Elisabetta	18:00 <b>STEP</b> Suaien	
19:00 <b>TONE UP</b> Suaien	19:00 <b>AEROMUSCLE</b> Manuel	19:00 <b>FITBOXE</b> Davida	19:00 <b>AEROMUSCLE</b> Manuel	19:00 <b>TONE UP</b> Suaien	
	20:00 <b>CRAZY CAMP</b> Manuel	20:00 <b>KRAV MAGA</b> Manuel	20:00 <b>CRAZY CAMP</b> Manuel		

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VICENZA / CORSI 2018-19

lun-ven 06:00 / 23:00  
sab 08:00 / 19:00  
dom 08:00 / 17:00

### INTENSITÀ

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

 **CORSO EXTRA ABBONAMENTO**

 **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 5 partecipanti