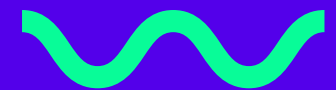


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VICENZA / CORSI 2018-19


lun	mar	mer	gio	ven	sab
09:00 PILATES BASIC Elisabetta	09:00 SENIOR TRAINING Silvia		09:00 SENIOR TRAINING Silvia	09:00 PILATES BASIC Elisabetta	
10:00 TOTAL BODY Yulia	10:00 PILATES ADV Elisabetta	10:15 TOTAL BODY Yulia	10:00 PILATES ADV Elisabetta	10:00 TOTAL BODY Yulia	10:30 FITBOXE / FUNCTIONAL Davida
12:30 CROSS TRAINING Manuel		12:30 CROSS TRAINING Manuel		12:30 CROSS TRAINING Manuel	
13:00 BEAT HIIT Yulia	13:00 POWER PUMP Gianluca		13:00 MATCH TRAINING Gianluca	13:00 BEAT HIIT Yulia	
	17:00 PILATES BASIC Elisabetta		17:00 PILATES BASIC Elisabetta		
18:00 STEP Suaien	18:00 PILATES BASIC Elisabetta	18:00 FUNCTIONAL TRAINING Davida	18:00 PILATES BASIC Elisabetta	18:00 STEP Suaien	
19:00 TONE UP Suaien	19:00 AEROMUSCLE Manuel	19:00 FITBOXE Davida	19:00 AEROMUSCLE Manuel	19:00 TONE UP Suaien	
	20:00 CRAZY CAMP Manuel	20:00 KRAV MAGA Manuel	20:00 CRAZY CAMP 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