

CORSI CON ISTRUTTORE



LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

9:30-10:00 Emanuela
9:30 TONE DOWN

10:00-10:30 Emanuela
10:00 TONE UP

10:30-11:00 Emanuela
10:30 ABS

12:45-13:35 Emanuela
12:45 ACTION PUMP

18:00-18:45 Ariel
18:00 STRONG TONE

18:45-19:15 Ariel
18:45 CIRCUIT

19:15-20:15 Ariel
19:15 ZUMBA

9:30-10:10 Emanuela
9:30 G&G

10:10-10:30 Emanuela
10:10 ACTION ABS

12:45-13:35 Laura
12:45 PILATES

18:00-18:30 Monica
18:00 SUPER CRUNCH

18:30-19:30 Monica
18:30 PILATES

19:30-20:15 Monica
19:30 STEP FUNZIONALE

9:30-10:30 Emanuela
9:30 ACTION TONE

12:45-13:35 Nathalie
12:45 CIRCUIT TONE

18:00-19:00 Nathalie
18:00 CIRCUIT TRAINING

19:00-19:45 Nathalie
19:00 FIT BOXE

19:45-20:15 Nathalie
19:45 STRETCHING

12:45-13:35 Laura
12:45 TOTAL TONE

18:00-18:30 Francesco
18:00 STRONG ABS

18:30-19:20 Francesco
18:30 STRONG TONE

19:20-20:00 Francesco
19:20 TABATA CIRCUIT

18:00-18:45 Ariel
18:00 STRONG TONE

18:45-19:15 Ariel
18:45 CIRCUIT

19:15-20:15 Ariel
19:15 ZUMBA