

ORARI CORSI VIRTUALI

Action Fit Carate Brianza

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7:10-8:00 7:10 GINNASTICA DOLCE	7:10-8:00 7:10 RISVEGLIO MUSC.	7:10-8:00 7:10 POSTURALE	7:10-8:00 7:10 GINNASTICA DOLCE	7:10-8:00 7:10 YOGA		
8:10-9:00 8:10 STEP	8:10-9:00 8:10 PILATES	8:10-9:00 8:10 LATIN DANCE	8:10-9:00 8:10 FIT BOXE	8:10-9:00 8:10 POSTURALE	8:10-9:00 8:10 YOGA	8:10-9:00 8:10 RISVEGLIO MUSC.
	10:45-11:35 10:45 PUMP	10:45-11:35 10:45 GAG	10:45-11:35 10:45 PUMP	10:45-11:35 10:45 STEP COREOGRAFICO	9:10-10:00 9:10 CIRCUITO	9:10-10:00 9:10 PUMP
11:30-12:20 11:30 TOTAL TONE	11:45-12:15 11:45 GAG	11:45-12:15 11:45 ABS	11:45-12:15 11:45 FIT BOXE	11:45-12:35 11:45 PUMP	10:10-11:00 10:10 KOMBAT	10:10-11:00 10:10 PILATES
			12:45-13:35 12:45 STEP FUNZIONALE		11:10-12:00 11:10 MATCON	11:10-12:00 11:10 FIT BOXE
					12:10-12:40 12:10 ABS	12:10-12:40 12:10 GAG
					12:45-13:35 12:45 FIT BOXE	12:45-13:35 12:45 CIRCUITO
14:00-14:50 14:00 STEP FUNZIONALE	14:00-14:50 14:00 MATCON	14:00-14:50 14:00 CIRCUITO	14:00-14:50 14:00 GAG	14:00-14:50 14:00 TOTAL TONE	14:00-14:50 14:00 TOTAL TONE	14:00-14:50 14:00 JUMP
	15:00-15:50 15:00 TOTAL TONE	15:00-15:50 15:00 PUMP	15:00-15:50 15:00 PUMP	15:00-15:50 15:00 JUMP	15:00-15:50 15:00 KOMBAT	15:00-15:50 15:00 TOTAL TONE
16:00-16:50 16:00 GAG	16:00-16:50 16:00 PUMP	16:00-16:50 16:00 STEP FUNZIONALE	16:00-16:50 16:00 LATIN DANCE	16:00-16:50 16:00 STEP COREOGRAFICO	16:00-16:50 16:00 JUMP	16:00-16:50 16:00 PILATES
17:00-17:50 17:00 STEP COREOGRAFICO	17:00-17:50 17:00 GAG	17:00-17:50 17:00 TOTAL TONE	17:00-17:50 17:00 CIRCUITO	17:00-17:50 17:00 FIT BOXE	17:00-17:50 17:00 MATCON	17:00-17:50 17:00 PUMP
				17:55-18:20 17:55 ABS		
					18:00-18:50 18:00 STEP	18:00-18:50 18:00 TOTAL TONE
					19:00-19:50 19:00 CIRCUITO	19:00-19:50 19:00 FIT BOXE
20:40-21:30 20:40 CIRCUITO		20:40-21:30 20:40 PILATES		20:20-21:10 20:20 POSTURALE		

La direzione di Action Fit si riserva la facoltà di modificare gli orari di apertura e chiusura del Centro, la programmazione dei Corsi e quella degli istruttori per esigenze organizzative