

# CORSI CON ISTRUTTORE

www.actionfit.it

## LUNEDI'

09:00-09:30 **Pietro**  
**9:00** POSTURAL WORK  
09:30-10:15 **Pietro**  
**9:30** PILATES  
10:15-11:00 **Pietro**  
**10:15** TONIFICAZIONE

18:00-18:45 **Daniela**  
**18:00** G.A.G.  
18:45-19:15 **Daniela**  
**18:45** POSTURAL STRETCH  
19:15-20:00 **Daniela**  
**19:15** FUNCTIONAL TRAINING

13:00-13:45 **Valeria**  
**13:00** TRIFORM

18:30-19:15 **Valeria**  
**18:30** TRIFORM  
19:15-20:00 **Valeria**  
**19:15** TRIFORM

## MARTEDI'

13:00-14:00 **Stefania**  
**13:00** PILATES

18:00-18:45 **Alex**  
**18:00** PUMP  
18:45-19:30 **Alex**  
**18:45** FIT BOXE  
19:30-20:15 **Alex**  
**19:30** G.A.G.

## MERCOLEDI'

17:30-18:15 **Valeria**  
**17:30** MOBILITÀ  
18:30-19:15 **Annalisa**  
**18:30** PUMP  
19:15-19:45 **Annalisa**  
**19:15** ADDOME  
19:45-20:30 **Annalisa**  
**19:45** CARDIO TONE

13:00-13:45 **Valeria**  
**13:00** TRIFORM

18:30-19:15 **Valeria**  
**18:30** TRIFORM  
19:15-20:00 **Valeria**  
**19:15** TRIFORM

## GIOVEDI'

09:00-09:30 **Pietro**  
**9:00** POSTURAL WORK  
09:30-10:15 **Pietro**  
**9:30** PILATES  
10:15-11:00 **Pietro**  
**10:15** TONIFICAZIONE  
13:00-13:45 **Jairol**  
**13:00** ZUMBA

18:00-18:45 **Jairol**  
**18:00** TOTAL BODY  
18:45-19:30 **Jairol**  
**18:45** ZUMBA  
19:30-20:15 **Jairol**  
**19:30** PILATES

## VENERDI'

18:00-18:30 **Stefania**  
**18:00** ABS  
18:30-19:15 **Stefania**  
**18:30** PILATES  
19:15-20:00 **Stefania**  
**19:15** CIRCUIT TRAINING

13:00-13:45 **Valeria**  
**13:00** TRIFORM

18:30-19:15 **Valeria**  
**18:30** TRIFORM  
19:15-20:00 **Valeria**  
**19:15** TRIFORM

SALA ACTION

SALA FUNZIONALE