

# 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 FULL GAG	7:10-8:00 7:10 POSTURAL	7:30-8:00 7:30 FULL ABDOMINAL	7:10-8:00 7:10 YOGA		
8:10-9:00 8:10 STEP	8:10-9:00 8:10 LATIN DANCE	8:10-9:00 8:10 FIT BOXE	8:10-9:00 8:10 FIT BOXE	8:10-9:00 8:10 POSTURAL	8:10-9:00 8:10 YOGA	8:10-9:00 8:10 RISV. MUSCOLARE
11:30-12:20 11:30 TOTAL TONE	11:00-11:50 11:00 PUMP	10:50-11:40 10:50 GAG	10:45-11:35 10:45 PUMP	10:00-11:50 11:00 STEP COREOGRAFICO	9:10-10:00 9:10 CIRCUITO	9:10-10:00 9:10 PUMP
	12:00-12:30 12:00 GAG	11:50-12:20 11:50 ABS	11:45-12:35 11:45 FIT BOXE	12:00-12:20 12:00 STRETCHING	10:10-11:00 10:10 FIGHTKOMBAT	10:10-11:00 10:10 PILATES
			12:45-13:35 12:45 FUNCTIONAL STEP		11:10-11:55 11:10 MATCON	11:10-12:00 11:10 FIT BOXE
					12:10-12:35 12:10 FULL ABDOMINAL	12:10-12:40 12:10 GAG
					12:45-13:35 12:45 HIP HOP	12:45-13:35 12:45 CIRCUITO
14:00-14:50 14:00 FUNCTIONAL STEP	14:00-14:45 14:00 AERODANCE	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
15:00-15:30 15:00 ABS	15:00-15:50 15:00 TOTAL TONE	15:00-15:50 15:00 PUMP	15:00-15:50 15:00 STEP COREOGRAFICO	15:00-15:50 15:00 JUMP	15:00-15:50 15:00 FIGHTKOMBAT	15:00-15:50 15:00 TOTAL TONE
15:45-16:35 15:45 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 GAG	16:00-16:50 16:00 JUMP	16:00-16:50 16:00 PILATES
16:40-17:30 16:40 STEP COREOGRAFICO	17:00-17:50 17:00 GAG	17:00-17:30 17:00 FULL ABDOMINAL		17:00-17:50 17:00 FIT BOXE	17:00-17:50 17:00 MATCON	17:00-17:50 17:00 PUMP
	20:30-21:20 20:30 PILATES	20:45-21:35 20:45 PILATES	20:45-21:35 20:45 YOGA	21:00-21:50 21:00 LATIN DANCE	18:00-18:50 18:00 STEP	18:00-18:50 18:00 LATIN DANCE
					19:00-19:50 19:00 CIRCUITO	19:00-19:50 19:00 FIT BOXE

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