

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

13:00-14:00 **Edoardo**
13:00 TRIFORM

18:45-19:30 **Valeria**
18:45 TRIFORM
19:30-20:15 **Valeria**
19:30 TRIFORM

MARTEDI'

13:00-14:00 **Jairol**
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 **Luca**
17:30 MOBILITÀ
18:30-19:15 **Luca**
18:30 PUMP
19:15-19:45 **Luca**
19:15 ADDOME
19:45-20:30 **Luca**
19:45 CARDIO TONE

13:00-14:00 **Edoardo**
13:00 TRIFORM

18:45-19:30 **Valeria**
18:45 TRIFORM
19:30-20:15 **Valeria**
19:30 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'

18:30-19:15 **Annalisa**
18:30 PUMP
19:15-19:45 **Annalisa**
19:15 ABS
19:45-20:30 **Annalisa**
19:45 CIRCUIT TRAINING

13:00-14:00 **Edoardo**
13:00 TRIFORM

18:45-19:45 **Valeria**
18:45 TRIFORM

SALA ACTION

SALA FUNZIONALE