Sala ACTION Muggiò

CORSI CON ISTRUTTORE E VIRTUALI

LUNEDI'

- 7:00-7:50 — 7:00 GINNASTICA DOLCE
- 8:00-8:30 — 8:00 MOBILITY HIIT
- 8:30-9:20 — 8:30 BASIC TOTAL
- 9:30-10:30 — Eva — 9:30 PILATES
- 10:40-11:10 — 10:40 GLUTEI
- 11:35-12:15 — 11:35 TABATA&CIRCUIT
- 11:50-12:30 — 11:50 TABAT&CIRCUIT
- 12:45-13:35 — Emanuela — 12 45 TOTAL TONE
- 14:00-14:50 — 14:00 PUMP
- 15:00-15:50 — 15:00 KOMBAT lv.3
- 16:00-16:50 — 16:00 FUNZIONALE
- 17:00-17:50 — 17:00 GAG
- 18:00-18:30 — Francesco — 18:00 STRONG ABS
- 18:30-19:20 — Francesco — 18:30 STEP DANCE-TONIC
- 19:20-20:00 — Francesco — 19:20 TABATA/FIT BOXE
- 20:30-21:20 — 20:30 EASY PILATES
- 21:30-22:20 — 21:30 GAG

MARTEDI'

- 7:00-7:50 — 7:00 POSTURAL
- 8:00-8:30 — 8:00 GLUTEI lv.1
- 8:30-9:20 — 8:30 PILATES RING
- 9:30-10:00 — Emanuela — 9:30 G&G
- 10:00-10:30 — Emanuela — 10:00 TONE UP
- 10:30-11:00 — Emanuela — 10:30 ABS
- 12:45-13:35 — Emanuela — 12:45 PUMP
- 14:00-14:50 — 14:00 GAG
- 15:00-15:50 — 15:00 CIRCUIT TRAINING
- 16:00-16:50 — 16:00 INTERVAL STEP
- 17:00-18:00 — Diop — 17:00 BOXE
- 18:15-18:45 — Emanuela — 18:15 ADDOME E GLUTEI
- 18:45-19:30 — Emanuela — 18:45 FIT BOXE
- 19:30-20:15 — Emanuela — 19:30 ZUMBA
- 20:30-21:20 — 20:30 FUNZIONALE
- 21:30-22:20 — 21:30 TOTAL TONE A BLOCCHI

MERCOLEDI'

- 7:00-7:50 — 7:00 PILATES RING
- 8:00-8:30 — 8:00 ABS lv.1
- 8:30-9:20 — 8:30 PILATES RING
- 9:30-10:30 — Eva — 9:30 PILATES
- 10:40-11:30 — 10:40 ABS
- 11:15-11:44 — 11:15 RISV. MUSCOLARE
- 11:50-12:25 — 11:50 CIRCUITO COMBO
- 12:45-13:35 — Eva — 12:45 PILATES
- 14:00-14:50 — 14:00 LATIN DANCE
- 15:00-15:50 — 15:00 TTS A CORPO LIBERO
- 16:00-16:50 — 16:00 FIT BOXE lv.2
- 17:30-18:25 — Eva — 17:30 PILATES
- 18:30-19:15 — Giulia — 18:30 GAMBE&ADDOME
- 19:15-20:00 — Giulia — 19:15 CIRCUITO
- 20:00-21:00 — 20:00 GLUTEI
- 21:00-21:50 — 21:00 FIT BOXE
- 21:50-22:40 — 21:50 YOGA PILATES

GIOVEDI'

- 7:00-7:50 — 7:00 RISV. MUSCOLARE
- 8:00-8:30 — 8:00 STRETCH lv.1
- 8:30-9:20 — 8:30 PUMP
- 9:30-10:10 — Emanuela — 9:30 G&G
- 10:10-10:30 — Emanuela — 10:10 ACTION ABS
- 10:40-11:30 — 10:40 FUNC. KOMBAT lv.1
- 11:35-12:25 — 11:35 GINNASTICA DOLCE
- 12:30-13:20 — 12:30 TOTAL TONE
- 14:00-14:50 — 14:00 TTS A CORPO LIBERO
- 15:00-15:50 — 15:00 PUMP
- 16:00-16:30 — 16:00 GLUTEI lv.1
- 16:30-16:55 — 16:30 CIRCUIT TRAINING
- 17:00-17:50 — 17:00 LATINA
- 18:00-18:30 — Emanuela — 18:00 TOTAL BODY
- 18:30-19:15 — Emanuela — 18:30 FIT BOXE
- 19:15-20:00 — Emanuela — 19:15 ZUMBA
- 20:30-21:20 — 20:30 PILATES RING SEMPL.
- 21:30-22:20 — 21:30 TOTAL TONE

VENERDI'

- 7:00-7:50 — 7:00 YOGA PILATES
- 8:00-8:50 — 8:00 TOTAL TONE
- 8:50-9:20 — 8:50 GAG SHORT
- 9:30-10:30 — Emanuela — 9:30 FUNZIONALE
- 10:40-11:30 — 10:40 EASY PILATES
- 11:35-12:25 — 11:35 CIRCUITO COMBO
- 12:45-13:35 — Nathalie — 12:45 CIRCUIT TONE
- 14:00-14:50 — 14:00 GAG
- 15:00-15:50 — 15:00 TOTAL TONE
- 16:00-16:50 — 16:00 AERO DANCE
- 17:00-17:50 — 17:00 FUNZIONALE
- 17:30-18:15 — Eva — 17:30 PILATES CORPO LIB.
- 18:15-19:00 — Eva — 18:15 PILATES CON ATT.
- 19:15-20:00 — 19:15 LATINA
- 20:30-21:20 — 20:30 PUMP
- 21:30-22:20 — 21:30 FUNZIONALE

SABATO

- 7:00-7:50 — 7:00 PUMP
- 8:00-8:20 — 8:00 FUNZIONALE
- 8:30-9:20 — 8:30 YOGA PILATES
- 9:30-10:20 — 9:30 TOTAL BODY
- 10:40-11:30 — 10:40 TTS A CORPO LIBERO
- 11:35-12:25 — 11:35 GAG
- 12:30-13:20 — 12:30 YOLA PILATES
- 14:00-14:50 — 14:00 KOMBAT lv.2
- 15:00-15:50 — 15:00 POSTURAL
- 16:00-16:50 — 16:00 TOTAL TONE
- 17:00-17:50 — 17:00 PILATES RING
- 18:00-18:50 — 18:00 FUNZIONALE
- 19:00-19:50 — 19:00 PUMP
- 20:00-20:30 — 20:00 ABS lv.1
- 20:30-21:20 — 20:30 KOMBAT lv.3
- 21:30-22:20 — 21:30 STEP COREOGRAFICO

DOMENICA

- 7:00-7:50 — 7:00 EASY PILATES
- 8:00-8:20 — 8:00 STEP BASE
- 8:30-9:20 — 8:30 PUMP
- 9:30-10:20 — 9:30 FUNZIONALE
- 10:40-11:30 — 10:40 TOTAL TONE
- 14:00-14:50 — 14:00 TOTAL TONE
- 15:00-15:50 — 15:00 PUMP
- 16:00-16:50 — 16:00 CIRCUIT TRAINING
- 17:00-17:50 — 17:00 AEREO DANCE
- 18:00-18:50 — 18:00 TOTAL TONE
- 19:00-19:40 — 19:00 TABATA&CIRCUIT
- 20:00-20:30 — 20:00 ABS
- 20:30-21:20 — 20:30 GAG
- 21:30-22:20 — 21:30 YOGA FLOW

Corsi con VIRTUAL | Corsi con ISTRUTTORE