CORSI CON ISTRUTTORE

Milano. Via Gargano

LUNEDI'

10:00-11:00
10:00 ACTION TOTAL TONE STRONG — Wendy

12:45-13:45
12:45 ACTION TABATA — Paola

17:30-18:30
17:30 ACTION STEP TONE — Armando

18:30-19:30
18:30 ACTION DANCE — Armando

19:30-20:30
19:30 ACTION TOTAL TONE — Armando

20:35-21:35
20:35 BOXE — Marco

MARTEDI'

10:00-11:00
10:00 GINNASTICA DOLCE — Wendy

11:00-12:00
11:00 STRETCH.+ADDOM. — Wendy

12:45-13:45
12:45 Ginnastica per il benessere YOGA — Zena

18:00-19:00
18:00 ACTION DANCE — Paola

19:00-20:00
19:00 ACTION TOTAL TONE — Paola

20:00-21:00
20:00 Ginnastica per il benessere YOGA — Rachele

MERCOLEDI'

10:00-11:00
10:00 Ginnastica per il benessere PILATES — Zena

15:30-16:15
15:30 ACTION MIX TONE — Roberta

16:15-17:00
16:15 Ginnastica per il benessere PILATES — Roberta

18:00-19:00
18:00 ACTION STEP TONE UP — Roberta

19:00-19:30
19:00 ACTION UPPER BODY — Roberta

19:30-20:30
19:30 Ginnastica per il benessere PILATES — Roberta

20:35-21:35
20:35 BOXE — Marco

GIOVEDI'

09:15-10:15
09:15 POSTURAL MOBILITY — Mario

10:15-11:15
10:15 ACTION TOTAL TONE — Mario

11:15-12:15
11:15 Ginnastica per il benessere PILATES — Mario

18:00-19:00
18:00 ACTION TOTAL TONE — Jana

19:00-19:45
19:00 ACTION DANCE — Jana

19:45-20:30
19:45 ACTION TABATA — Jana

VENERDI'

10:30-11:30
10:30 Ginnastica per il benessere PILATES — Zena

12:45-13:45
12:45 Ginnastica per il benessere YOGA — Zena

17:45-18:45
17:45 ACTION CARDIO TONE — Roberta

18:45-19:45
18:45 ACTION CIRCUIT.TABATA.HIIT — Roberta

19:45-20:30
19:45 YOGA — Zena

20:30-21:30
20:30 BOXE — Marco

SABATO

10:00-11:00
10:00 ACTION DANCE — Paola

11:00-12:00
11:00 TOTAL BODY — Paola