

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDÌ			VENERDI'			SABATO		
9.30	PILATES Paola	45'	9.30	TOTAL BODY Alessandra	45'	9.30	POSTURALE Rosanna	45'	9.30	CARDIO TONE Claudia	45'	9.30	TOTAL BODY Rosy	45'	10.30	CARDIO TONE Rotazione	45'
															11.15	POWER YOGA Rosanna	45'



12.30	CARDIO TONE Paola	45'	12.30	FUNCTIONAL Alessandra	45'	12.30	TOTAL BODY Francesca	45'	12.30	SPINNING Nicola	60'	12.30	CARDIO TONE Rosy	45'
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18.00	PUMP Francesca	45'	18.00	FUNCTIONAL Alessandra	60'	18.00	BODY PUMP Emanuele	45'	18.30	FIT BOXE Daniele	45'	18.00	FUNCTIONAL Alessandra	60'
18.45	CIRCUITO CARDIO Francesca	45'	19.00	ENERGY TONE Alessandra	45'	18.45	CARDIO TONE Emanuele	45'	19.15	BODY PUMP Daniele	45'	19.00	ENERGY TONE Alessandra	45'
19.30	G.A.G. Francesca	45'	19.45	FUNCTIONAL Alessandra	45'	19.30	BODY PUMP Emanuele	45'	20.00	YOGA Donatella	60'	19.45	PILATES Rosanna	45'
20.15	SPINNING Roberto	60'	20.30	PILATES Paola	45'	20.15	SPINNING Nicola	60'						

INTENSITÀ	
	alta
	media
	bassa



CONI

IL CENTRO OFFRE UN SERVIZIO DI PERSONAL TRAINER
DI SALA