PROGRAMMA CORSI

ORARI PROVVISORI

Orari Assistenza in sala pesi
Dal lunedì al venerdì: 7-12/12-17/17-21.30
Sabato e Domenica: 9-14

SOFT
MEDIUM
HARD

AERONAUTICA
PONTE MILVIO

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	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		DOMENICA	
ORARI Lezioni da 50 minuti	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR	SALA FIT	OUTDOOR
07.30	Gym Music Riccardo M.				Power Stretching Riccardo M.									
08.00	Ore 8,20 Total Body Riccardo M.	Strong Tone Laura S.	Pilates Caterina			Strong Tone Laura S.	Pilates Caterina			Strong Tone Laura S.				
08.30					Total Body Riccardo M.				Vinyasa Yoga Ottavia	Total Body Riccardo M.				
09.00	Ore 9,10 Vinyasa Yoga Ottavia		Posturale Silvia	Functional Daniele			Posturale Silvia	Functional Daniele						
09.30											Power Pilates Federica			
10.00	Body Tone Daniela		Pilates Daniela		Total Body Daniela		Pilates Daniela		Body Tone Daniela			Functional Pre Boxe Antonello		Dynamic Yoga Priscilla
10.30											Jivamukti Yoga Valentina			
11.00	Body Sculpt Barbara				Body Sculpt Barbara				Body Sculpt Barbara			Pure Pre Boxe Antonello	Pilates Laura	Sunday Workout
11.30											Stretching Barbara			
12.00												Cross Training Michele/Elisa		
12.30	Pilates Mat Daniela				Pilates Mat Daniela		Stretching Barbara		Pilates Mat Daniela		Stretching Barbara			
13.00														
13.30		HIIT Workout Simone	Vinyasa Power Yoga Clotilde	Circuit Training Daniele/Elisa		HIIT Workout Simone	Vinyasa Power Yoga Clotilde	Circuit Training Daniele/Elisa		HIIT Workout Michele				
16.30	Interval Training Valentina				Interval Training Valentina									
17.00			Postural Pilates Federica				Postural Pilates Federica							
17.30	Pilates Laura A.				Pilates Laura A.				Pilates Laura A.					
18.00			Total Body Federica				Total Body Federica							
18.30	Rocket Yoga Clotilde	Strong Body Sculpt Mimmo			Rocket Yoga Clotilde	Strong Body Sculpt Mimmo								
19.00			Jivamukti Yoga Valentina	Military GAG Greta			Jivamukti Yoga Valentina	Military GAG Greta		Strong Body Sculpt Michele				
19.30	Pure Pre Boxe Antonello				Pure Pre Boxe Antonello									