



PROGRAMMA FITNESS

Lunedì		Martedì		Mercoledì		Giovedì		Venerdì		Sabato	
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
9.00-10.00 Fat Burn <i>Loreta</i>		8.00-9.00 Rowing (sala 2) <i>Luigi</i>	9.00-10.00 Rowing <i>Luigi</i>	9.00-10.00 Risveglio muscolare <i>Loreta</i>		8.00-9.00 Rowing (sala 2) <i>Luigi</i>	9.00-10.00 Rowing <i>Luigi</i>	9.00-10.00 Flex&Core <i>Loreta</i>		9.15-10.15 Postural Stretch <i>Marina</i>	
10.00 -11:00 Total Body <i>Barbara</i>	10.00-11.00 Postural Pelvic <i>Isabella</i>	10.00 - 11.00 Pilates Accademy <i>Danilo</i>	10.00 - 11.00 Macumba <i>Max</i>	10.00-11.00 Postural Pelvic <i>Isabella</i>	10.00-11.00 Gag <i>Barbara</i>	10.00 - 11.00 Pilates Accademy <i>Danilo</i>	10.00-11.00 Macumba <i>Max</i>	10.00-11.00 Pump <i>Barbara</i>	10.00-11.00 Postural Pelvic <i>Isabella</i>	10.15-11.15 Macumba <i>Max</i>	
11:00 – 12:00 Postural Stretch <i>Marina</i>	11.00-12.00 Mat Work Pilates <i>Barbara</i>	11.00-12.00 Pancafit <i>Danilo</i>		11.00-12.00 Flex & Core <i>Marina</i>	11.00-12.00 Roller Pilates <i>Barbara</i>	11.00-12.00 Pancafit <i>Danilo</i>		11.00-12.00 Postural Stretch <i>Marina</i>	11.00-12.00 Detensione Muscolare <i>Barbara</i>		10.30-12.00 Total Body <i>Daniele</i>
12.00 -13.00 Pilates <i>Marina</i>		12.00-13.00 Pancafit <i>Danilo</i>		12.00-13.00 Pilates <i>Marina</i>		12.00-13.00 Pancafit <i>Danilo</i>		12.00-13.00 Pilates <i>Marina</i>			
	13,30-14,30 Circuit Training <i>Loreta</i>	13.30-14.30 Total Body <i>Aneta</i>			13,30-14,30 Gag <i>Loreta</i>	13.30-14.30 Total Body <i>Aneta</i>					
		15.00-16.00 Postural Stretch <i>Marina</i>				15.00-16.00 Postural Stretch <i>Marina</i>					
17.00–18.00 Total Body <i>Daniele</i>		17.00–18.00 Pancafit <i>Danilo</i>			17.00–18.00 Total Body <i>Daniele G</i>	17.00–18.00 Pancafit <i>Danilo</i>		17.00–18.00 Total Body <i>Daniele</i>			
	18.00 - 19.00 Pilates Accademy <i>Danilo</i>				18.00 - 19.00 Pilates Accademy <i>Danilo</i>				18.00 - 19.00 Pilates Accademy <i>Danilo</i>		
18.00 - 19.00 Circuit Training <i>Daniele</i>		18.00 - 19.00 Pilates <i>Marina</i>	18:00-19:00 Macumba <i>Romina</i>	18:00-19:00 Interval Training <i>Daniele G</i>		18.00 - 19.00 Pilates <i>Marina</i>	18:00-19:00 Macumba <i>Romina</i>	18.00 - 19.00 Circuit Training <i>Daniele</i>			
19.00 - 20.00 Walking <i>Vera</i>		19.00 - 20.00 Postural Stretch <i>Marina</i>	19.00-20.00 Rowing <i>Luigi</i>	19.00 - 20.00 Walking <i>Vera</i>	19.00 - 20.00 Yoga <i>Lia</i>	19.00 - 20.00 Postural Stretch <i>Marina</i>	19.00-20.00 Rowing <i>Luigi</i>	19.00 - 20.00 Walking <i>Vera</i>			
20.00 - 21.00 Functional Activity <i>Roberto</i>	20.00-21.00 Pre Boxe <i>Valentina</i>			20.00 - 21.00 Functional Activity <i>Roberto</i>	20.00 - 21.00 Pre Boxe <i>Valentina</i>			20.00 - 21.00 Functional Activity <i>Roberto</i>	20.00 21.00 Pre Boxe <i>Valentina</i>		

lezioni su prenotazione
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Gli orari possono subire variazioni a discrezione della direzione.