



I NOSTRI CORSI



LUNEDÌ

orario	corso	studio
09.30 - 10.30	BODY TONIC	1
10.30 - 11.00	STRETCHING	1
12.40 - 13.20	STRIDING	2
19.00 - 20.00	AEROGAG	1
20.00 - 21.00	KICK BOXING	2
20.00 - 21.00	SPINNING	1
21.00 - 22.00	SPINNING	1

MARTEDÌ

orario	corso	studio
09.15 - 10.30	TOTAL TRAINING	1
12.40 - 13.30	CIRCUITRAINING	1
18.50 - 19.40	STEP & TONE	1
19.00 - 20.00	STRIDING	2
19.40 - 20.10	ADDOMINALI & STRETCHING	1
20.00 - 21.00	STRIDING	2
20.15 - 21.15	KARATE	1

MERCOLEDÌ

orario	corso	studio
10.00 - 11.00	STRIDING	2
19.00 - 20.00	AEROGAG	1
19.30 - 20.30	KICK BOXING	2
20.00 - 21.00	SPINNING	1
20.30 - 21.30	PUSH & TONE	2
21.00 - 22.00	SPINNING	1

GIOVEDÌ

orario	corso	studio
09.30 - 10.30	BODY TONIC	1
10.30 - 11.00	STRETCHING	1
12.40 - 13.20	SPINNING	1
19.00 - 20.00	STRIDING	2
20.00 - 21.00	STRIDING	2
20.00 - 21.00	PILATES	1

VENERDÌ

orario	corso	studio
09.15 - 10.30	TOTAL TRAINING	1
18.50 - 19.40	STEP & TONE	2
19.00 - 20.00	SPINNING	1
19.40 - 20.10	ADDOMINALI & STRETCHING	2
20.00 - 21.00	SPINNING	1
20.15 - 21.15	KARATE	2

SABATO

orario	corso	studio
10.30 - 11.30	STRIDING	2
14.30 - 15.30	SPINNING	1

DOMENICA

orario	corso	studio
10.00 - 11.00	SPINNING	1