

# CALENDARIO CORSI FITNESS

Corsi Fitness: GAG, YOGA, STRETCHING&C.S., TOTAL BODY, JUMPING, FITBOXE, FLYING, POWER PUMP, STEP, POWER TONE I., CARDIO C.W., PILATES POWER

\*Corsi con pacchetto a parte

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ORE 7:15 - 8:05	YOGA		YOGA			
ORE 9:00 - 9:50	STRETCHING CORE STABILITY	PILATES POWER	STRETCHING CORE STABILITY	PILATES POWER	STRETCHING CORE STABILITY	TOTAL BODY
ORE 10:00 - 10:50	GAG	STRETCHING CORE STABILITY	TOTAL BODY		JUMPING	JUMPING
ORE 11:00 - 11:50						YOGA
ORE 12:40 - 13:30	POWER TONE INTERVALS	YOGA	JUMPING	TOTAL BODY	CARDIO AND CORE WORKOUT	
ORE 17:00 - 17:50	PILATES POWER		CARDIO AND CORE WORKOUT	GAG	STEP	
ORE 17:30 - 18:20		FIT BOXE				
ORE 18:00 - 18:50	JUMPING		POWER TONE INTERVALS	JUMPING	POWER PUMP	
ORE 18:30 - 19:20		FLYING SUSPENSION				
ORE 19:00 - 19:50	TOTAL BODY		STRETCHING CORE STABILITY	FIT BOXE		
ORE 19:30 - 20:20		JUMPING				