

CALENDARIO CORSI FITNESS

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ORE 7:15 - 8:05	YOGA		YOGA			
ORE 8:30 - 9:20		PILATES POWER		PILATES POWER		
ORE 9:00 - 9:50	STRETCHING CORE STABILITY		STRETCHING CORE STABILITY		STRETCHING CORE STABILITY	TOTAL BODY
ORE 9:30 - 10:20		STRETCHING CORE STABILITY				
ORE 10:00 - 10:50	POWER TONE LOWER		POWER TONE INTERVALS		JUMPING	JUMPING
ORE 11:00 - 11:50						YOGA
ORE 12:40 - 13:30	POWER TONE INTERVALS		STRETCHING CORE STABILITY	POWER TONE INTERVALS	POWER TONE LOWER	
ORE 13:40 - 14:30						
ORE 17:00 - 17:50	PILATES POWER		POWER PUMP	GAG	POWER TONE LOWER	
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	YOGA	
ORE 19:30 - 20:20						