

16/01/2015

	MATTINA		PRANZO		POMERIGGIO - SERA						
lun	09.30 10.15 <b>BODY TONE</b> studio 1 <b>SONIA</b>	10.15 11.00 <b>PILATES MOVE</b> studio 1 <b>SONIA</b>	13.00 14.00 <b>TONE BODY</b> studio 1 <b>ANA</b>		18.00 18.45 <b>BODY TONE</b> studio 1 <b>SONIA</b>	18.45 19.30 <b>STEP MOVE</b> studio 1 <b>SONIA</b>	19.00 20.00 <b>SPINN BIKE</b> <b>RAFFA</b>	19.30 20.00 <b>FIT BOXE</b> studio 1 <b>CRISTHIAN</b>	20.00 20.30 <b>TRAINING FUNZIONALE 1*</b> studio 1 <b>CRISTHIAN</b>	20.30 21.00 <b>TRAINING FUNZIONALE 2*</b> studio 1 <b>CRISTHIAN</b>	20.00 21.30 <b>KRAV MAGA</b> studio 2 <b>LUCA</b>
mar	09.30 10.15 <b>CORE TONE</b> studio 1 <b>STEFY</b>	10.15 11.00 <b>ABS WORKOUT</b> studio 1 <b>STEFY</b>		12.45 13.45 <b>SPINN BIKE</b> <b>RAFFA</b>		18.15 19.00 <b>STEP &amp; TONE</b> studio 1 <b>ANNA</b>	19.00 19.30 <b>G.A.G.</b> studio 1 <b>ANNA</b>	19.30 20.30 <b>SPINN BIKE</b> <b>MAX</b>	19.30 20.00 <b>ADDOME</b> studio 1 <b>ALEX</b>	20.00 20.45 <b>BODY FLEX</b> studio 2 <b>CRISTHIAN</b>	
mer	09.30 10.15 <b>STEP &amp; TONE</b> studio 1 <b>SONIA</b>	10.15 11.00 <b>PILATES MOVE</b> studio 1 <b>SONIA</b>	13.00 13.45 <b>BODY PUMP</b> <b>MARCO</b>		18.30 19.30  <b>ANA</b>		19.00 20.00 <b>SPINN BIKE</b> <b>RAFFA</b>	19.30 20.00 <b>ADDOME</b> studio 1 <b>ALEX</b>	20.00 20.30 <b>STEP MOVE</b> studio 1 <b>SONIA</b>	20.30 21.00 <b>G.A.G.</b> studio 1 <b>SONIA</b>	20.00 21.30 <b>KRAV MAGA</b> studio 2 <b>LUCA</b>
gio	09.30 10.15 <b>ABS WORKOUT</b> studio 1 <b>GRETA</b>	10.15 11.00 <b>CARDIO FIT</b> studio 1 <b>GRETA</b>	13.00 13.45 <b>BODY TONE</b> studio 1 <b>MARY</b>	12.45 13.45 <b>SPINN BIKE</b> <b>FABIO</b>	18.15 19.00 <b>BODY TONE</b> studio 1 <b>SONIA</b>	19.00 19.30 <b>STEP MOVE</b> studio 1 <b>SONIA</b>		19.30 20.15 <b>PILATES MOVE</b> studio 1 <b>SONIA</b>	19.30 20.30 <b>SPINN BIKE</b> <b>FABIO</b>	 20.15 21.00 <b>DAVID</b>	
ven			13.00 13.45 <b>TRAINING FUNZIONALE 1*</b> studio 1 <b>CRISTHIAN</b>		18.30 19.00 <b>FIT BOXE</b> studio 1 <b>CRISTHIAN</b>		19.00 19.30 <b>TRAINING FUNZIONALE 2*</b> studio 1 <b>CRISTHIAN</b>	19.30 20.00 <b>TRAINING FUNZIONALE 2*</b> studio 1 <b>CRISTHIAN</b>	20.00 20.30 <b>BODY FLEX</b> studio 1 <b>CRISTHIAN</b>		20.00 21.30 <b>KRAV MAGA</b> studio 2 <b>LUCA</b>
sab		11.00 12.00 <b>SPECIAL CLASS</b> Studio 1 <b>ROTAZ.</b>									
dom				11.00 12.00 <b>SPECIAL CLASS</b> Studio 1 <b>ROTAZ.</b>							

LA DIREZIONE SI RISERVA LA FACOLTA' DI MODIFICARE L'ORARIO IN BASE ALLE ESIGENZE DEL CENTRO

A - PAGAMENTO