

# Corsi Fitness weekend Settembre 2020

		Sabato 12	Domenica 13	Sabato 19	Domenica 20			
<b>Sala Malibù</b>	08:30	<b>C. Libero 45'</b> <i>Homar</i>	10:30	<b>Total Body Co.</b> <i>Franco</i>	08:30	<b>C. Libero 45'</b> <i>Michele</i>	10:30	<b>Total Body Co.</b> <i>Luigi</i>
	09:30	<b>Cardio Training</b> <i>Homar</i>	11:45	<b>C. Libero/Stretch.</b> <i>Franco</i>	09:30	<b>Cardio Training</b> <i>Michele</i>	11:45	<b>C. Libero/Stretch.</b> <i>Luigi</i>
	10:45	<b>Ashtanga Yoga</b> <i>Francesca G.</i>	13:00	<b>Well Definition</b> <i>Franco</i>	10:45	<b>Ashtanga Yoga</b> <i>Francesca G.</i>	13:00	<b>G.A.G. 2</b> <i>Luigi</i>
	12:00	<b>Well Boot Camp</b> <i>Franco</i>	14:30	<b>Pilates Fusion</b> <i>Franco</i>	12:00	<b>Well Definition</b> <i>Luigi</i>	14:30	<b>Well Definition</b> <i>Luigi</i>
	13:15	<b>Well Definition</b> <i>Franco</i>	15:45	<b>Well Boot Camp</b> <i>Franco</i>	13:15	<b>G.A.G. 2</b> <i>Luigi</i>	15:45	<b>Pilates Fusion</b> <i>Luigi</i>
	14:30	<b>Zumba</b> <i>Armando</i>			14:30	<b>Zumba</b> <i>Armando</i>		
	16:00	<b>Well Definition</b> <i>Patrizia</i>			16:00	<b>Well Boot Camp</b> <i>Cristiana</i>		
	17:15	<b>Core Training</b> <i>Patrizia</i>			17:15	<b>Pilates Fusion</b> <i>Cristiana</i>		
<b>Piscina</b>	09:30	<b>Aqua Dynamics</b> <i>Claudia</i>		09:30	<b>Aqua Dynamics</b> <i>Claudia</i>			
	11:00	<b>Aqua Fitness</b> <i>Claudia</i>		11:00	<b>Aqua Fitness</b> <i>Claudia</i>			
		Sabato 26	Domenica 27					
	08:30	<b>C. Libero 45'</b> <i>Luigi</i>	10:30	<b>Aerobic Dance</b> <i>Patrizia</i>				
	09:30	<b>Cardio Training</b> <i>Luigi</i>	11:45	<b>C. Libero/Stretch.</b> <i>Patrizia</i>				
	10:45	<b>Ashtanga Yoga</b> <i>Francesca G.</i>	13:00	<b>Step Dance</b> <i>Patrizia</i>				
	12:00	<b>G.A.G. 2</b> <i>Patrizia</i>	14:30	<b>Well Definition</b> <i>Patrizia</i>				
	13:15	<b>Total Body Co.</b> <i>Patrizia</i>	15:45	<b>Pilates Fusion</b> <i>Patrizia</i>				
	14:30	<b>Zumba</b> <i>Armando</i>						
	16:00	<b>Well Definition</b> <i>Luigi</i>						
	17:15	<b>Pilates Fusion</b> <i>Luigi</i>						
	09:30	<b>Aqua Dynamics</b> <i>Claudia</i>						
	11:00	<b>Aqua Fitness</b> <i>Claudia</i>						

