

# Corsi Fitness dal 7 gennaio al 19 aprile 2019

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Sala Malibù	08:30 Stretching 30' Fabio	08:30 Stretching 30' Simona	09:00 Well Fit Ball Fabio	09:00 Well Fit Ball Fabio	09:00 Total body c. Alex
	09:00 Well Fit Ball Fabio	09:00 Total Body Alex	10:00 Well Definition Fabio	10:00 Well Definition Fabio	10:00 Pilates Fusion Alex
	10:00 Well Postural Fabio	10:00 G.A.G. 2 Alex	11:00 Well Fit Ball Fabio	11:00 Pilates Fusion Cecilia	11:00 Piloga Laura
	11:00 Aerobic Dance 45' BASE Patrizia	11:00 Piloga Laura	12:00 Tai Chi 2 Alessandro S.	12:00 Stretching Fasciale Cecilia	13:00 G.A.G. 1 30' Homar
	11:45 Total body c. 45' Patrizia	13:00 Push Power Franco	13:00 Total Body co. Patrizia	13:00 Well Fit ball Franco	13:30 Corpo Libero 30' Homar
	12:30 Well Training 90' Maria Laura	14:30 Pilates Fusion Franco	14:00 G.A.G. 1 60' Maria Laura	14:30 Pilates Fusion Franco	14:00 Cardio Training Homar
	14:00 Stretching 30' Maria Laura	16:00 Well Definition Fabio	15:00 Well Definition Maria Laura	15:30 Total Body co. Franco	15:00 Pilates Fusion Homar
	15:30 G.A.G. 2 Luigi	17:00 Piloga Franco	16:00 Corpo Libero 30' Luigi	18:15 Aerobic Dance Francesco	16:00 Piloxing Homar
	16:30 Stretching 30' Luigi	18:00 Well Training 90' Francesco	16:30 Stretching Luigi	19:15 Step Dance Francesco	18:00 Piloga Franco
	17:00 Piloga Luigi	19:30 Aerobic Dance Francesco	17:00 Well Definition Luigi	20:15 Cardio Training Francesco	19:00 Fit Boxe Franco
	18:30 Step Dance Riccardo	20:30 Well Definition Francesco	18:30 Circuit training Francesca C		20:00 Push Power Franco
	19:30 Pilates Fusion Riccardo		19:30 Aerobic Dance Alex		
20:30 Push power Simona		20:30 Push Power Alex			

Sala Venice	09:00 Corpo Libero 50' Maria Laura	09:00 Well Postural Simona	09:00 Well Postural Michele	09:00 Corpo Libero 45' Cecilia	09:00 Well Postural 45' Laura
	09:45 Stretching 15' Maria Laura	10:00 Tone Gym Laura	09:45 Corpo Libero 45' Michele	09:45 Stretching 15' Cecilia	10:00 Well Tone Laura
	10:00 Well Definition Maria Laura	11:00 Zumba Monica	10:30 Stretching 30' Michele	10:00 Well Postural Cecilia	11:00 Zumba Giulia
	12:00 Stretching Maria Laura	13:00 Pilates fusion Laura	11:00 Tai Chi 1 Alessandro S.	13:00 G.A.G.2 Laura	18:15 Zumba Armando
	18:15 Athletic Training 50' Simona	18:00 Functional training Franco	18:15 C. Libero/Stretch. Luigi	18:00 Total body c. Francesca	19:15 Zumba Strong Armando
	19:15 G.A.G. 2 Simona	19:00 Stretching 15' Franco	19:30 Aerobic Dance BASE Francesca C	19:00 Zumba Armando	
	20:15 Ashtanga Yoga Francesca	19:15 Aerobic Dance BASE Francesca	20:00 Core Training Simona	20:00 Athletic Training 45' Simona	
		19:45 Step Dance BASE Francesca	21:00 G.A.G. 2 Simona	20:45 Well Postural 50' Simona	
		20:15 G.A.G. 2 Francesca			

Piscina	11:00 Aqua Fitness Francesco	11:00 Aqua Dynamics Luis	09:30 Aqua Dynamics Francesco	11:00 Aqua Dynamics Francesco	11:00 Aqua Fitness Luis
	15:00 Aqua Combat Andrea	19:30 Cardio fish 45' Rossana	11:00 Aqua Fitness Francesco	19:30 Aqua Well Cristina	15:00 Aqua Well Andrea
	19:30 Aqua G.A.G Cristina	20:15 Water & Tone 45' Rossana	15:00 Aqua Well Vito		19:30 Cardio Fish 45' Rossana
		19:30 Aqua Fitness Cristina			

bassa intensità
  media intensità
  alta intensità

## la wellness

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[www.lawellness.it](http://www.lawellness.it)

La direzione tecnica si riserva il diritto di apporre delle variazioni al palinsesto esposto