

Corsi Fitness weekend Ottobre 2020

		Sabato 3	Domenica 4	Sabato 10	Domenica 11			
Sala Malibù	08:30	C. Libero 45' <i>Homar</i>	10:30	Total Body Co. <i>Cristiana</i>	08:30	C. Libero 45' <i>Luigi</i>	10:30	G.A.G. 2 <i>Patrizia</i>
	09:30	Cardio Training <i>Homar</i>	11:45	C. Libero/Stretch. <i>Cristiana</i>	09:30	Cardio Training <i>Luigi</i>	11:45	C. Libero/Stretch. <i>Patrizia</i>
	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Well Definition <i>Cristiana</i>	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Total Body Co. <i>Patrizia</i>
	12:00	Well Boot Camp <i>Cristiana</i>	14:30	Well Boot Camp <i>Cristiana</i>	12:00	Well Boot Camp <i>Franco</i>	14:30	Well Definition <i>Patrizia</i>
	13:15	Well Definition <i>Cristiana</i>	15:45	Pilates Fusion <i>Cristiana</i>	13:15	Well Definition <i>Franco</i>	15:45	Core Training <i>Patrizia</i>
	14:30	Zumba <i>Armando</i>			14:30	Zumba <i>Armando</i>		
	16:00	Well Definition <i>Fabio</i>			16:00	G.A.G. 2 <i>Francesco</i>		
	17:15	Interval Training <i>Fabio</i>			17:15	Cardio Training <i>Francesco</i>		
Piscina	09:30	Aqua Dynamics <i>Claudia</i>			09:30	Aqua Dynamics <i>Claudia</i>		
	11:00	Aqua Fitness <i>Claudia</i>			11:00	Aqua Fitness <i>Claudia</i>		
		Sabato 17	Domenica 18	Sabato 24	Domenica 25			
Sala Malibù	08:30	C. Libero 45' <i>Michele</i>	10:30	Total Body Co. <i>Irene</i>	08:30	C. Libero 45' <i>Homar</i>	10:30	Aerobic Dance <i>Camilla</i>
	09:30	Cardio Training <i>Michele</i>	11:45	C. Libero/Stretch. <i>Franco</i>	09:30	Cardio Training <i>Homar</i>	11:45	C. Libero/Stretch. <i>Camilla</i>
	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Well Definition <i>Franco</i>	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Step Dance <i>Camilla</i>
	12:00	Step Dance <i>Camilla</i>	14:30	Pilates Fusion <i>Franco</i>	12:00	Well Boot Camp <i>Cristiana</i>	14:30	Well Definition <i>Camilla</i>
	13:15	Aerobic Dance <i>Camilla</i>	15:45	Well Boot Camp <i>Franco</i>	13:15	Well Definition <i>Cristiana</i>	15:45	Pilates Fusion <i>Camilla</i>
	14:30	Zumba <i>Armando</i>			14:30	Zumba <i>Armando</i>		
	16:00	Well Boot Camp <i>Franco</i>			16:00	Well Definition <i>Patrizia</i>		
	17:15	Pilates Fusion <i>Franco</i>			17:15	Core Training <i>Patrizia</i>		
Piscina	09:30	Aqua Dynamics <i>Claudia</i>			09:30	Aqua Dynamics <i>Claudia</i>		
	11:00	Aqua Fitness <i>Claudia</i>			11:00	Aqua Fitness <i>Claudia</i>		

Sabato 31

Domenica 1 Novembre

Sala Malibú	08:30	C. Libero 45' <i>Michele</i>	10:30	Total Body Co. <i>Cristiana</i>
	09:30	Cardio Training <i>Michele</i>	11:45	C. Libero/Stretch. <i>Cristiana</i>
	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Well Definition <i>Cristiana</i>
	12:00	G.A.G. 2 <i>Patrizia</i>	14:30	Well Boot Camp <i>Cristiana</i>
	13:15	Total Body Co. <i>Patrizia</i>	15:45	Pilates Fusion <i>Cristiana</i>
	14:30	Zumba <i>Armando</i>		
	16:00	Total Body Co. <i>Cristiana</i>		
	17:15	Pilates Fusion <i>Cristiana</i>		

na	09:30	Aqua Dynamics <i>Claudia</i>
	11:00	Aqua Fitness <i>Claudia</i>

