

Corsi Fitness dal 6 al 10 gennaio 2020

	Lunedì 6	Martedì 7	Mercoledì 8	Giovedì 9	Venerdì 10
Sala Malibù	10:00 Well Postural <i>Patrizia</i>	08:30 Stretching 30' <i>Simona</i>	09:00 Well Fit Ball <i>Fabio</i>	09:00 Well Fit Ball <i>Fabio</i>	09:00 Well Postural 45' <i>Laura</i>
	11:00 Aerobic Dance 45' BASE <i>Patrizia</i>	09:00 Well Postural <i>Simona</i>	10:00 Well Definition <i>Fabio</i>	10:00 Well Definition <i>Fabio</i>	10:00 Well Tone <i>Laura</i>
	11:45 Total Body Co. 45' <i>Patrizia</i>	10:00 Tone Gym <i>Laura</i>	11:00 Well Fit Ball <i>Fabio</i>	11:00 Pilates Fusion <i>Cecilia</i>	11:00 Piloga <i>Laura</i>
	12:30 Well Training 90' <i>Patrizia</i>	11:00 Piloga <i>Laura</i>	12:00 Tai Chi 2 <i>Alessandro S.</i>	12:00 Stretching Fasciale <i>Cecilia</i>	13:00 G.A.G. 1 30' <i>Homar</i>
	15:30 G.A.G. 2 <i>Fabio</i>	13:00 Push Power <i>Franco</i>	13:00 Total Body Co. <i>Patrizia</i>	13:00 Well Definition <i>Franco</i>	13:30 Corpo Libero 30' <i>Homar</i>
	16:30 Stretching 30' <i>Fabio</i>	14:00 Total Body Co. <i>Franco</i>	14:00 G.A.G.2 60' <i>Maria Laura</i>	14:30 Pilates Fusion <i>Franco</i>	14:00 Cardio Training <i>Homar</i>
	17:00 Well Definition <i>Fabio</i>	15:00 Pilates Fusion <i>Franco</i>	15:00 Well Definition <i>Maria Laura</i>	15:30 Total Body Co. <i>Franco</i>	15:00 Pilates Fusion <i>Homar</i>
	18:15 Athletic Training 50' <i>Simona</i>	16:00 Well Definition <i>Franco</i>	16:00 Corpo Libero 30' <i>Fabio</i>	18:15 Aerobic Dance <i>Francesco</i>	16:00 Piloxing <i>Homar</i>
	19:15 G.A.G. 2 <i>Simona</i>	17:00 Piloga <i>Franco</i>	16:30 Stretching <i>Fabio</i>	19:15 Step Dance <i>Francesco</i>	18:00 Piloga <i>Franco</i>
		18:00 Well Training 90' <i>Francesco</i>	17:00 Well Definition <i>Fabio</i>	20:15 Cardio Training 45' <i>Francesco</i>	19:00 Fit Boxe <i>Franco</i>
		19:30 Aerobic Dance <i>Francesco</i>	18:30 Athletic Training 50' <i>Simona</i>		20:00 Push Power <i>Franco</i>
		20:30 G.A.G.1 30' <i>Francesco</i>	19:30 Core Training <i>Simona</i>		
			20:30 G.A.G. 2 <i>Simona</i>		

Sala Venice		11:00 Zumba <i>Monica</i>	09:00 Well Postural <i>Michele</i>	09:00 Corpo Libero 45' <i>Cecilia</i>	09:00 Well Postural 45' <i>Laura</i>
		13:00 Core Training <i>Simona</i>	09:45 Corpo Libero 45' <i>Michele</i>	09:45 Stretching 15' <i>Cecilia</i>	10:00 Well Tone <i>Laura</i>
		18:00 Functional training <i>Franco</i>	10:30 Stretching 30' <i>Michele</i>	10:00 Well Postural <i>Cecilia</i>	11:00 Zumba <i>Lorena</i>
		19:00 Stretching 15' <i>Franco</i>	11:00 Tai Chi 1 <i>Alessandro S.</i>	13:00 G.A.G.2 <i>Fabio</i>	18:15 Zumba <i>Armando</i>
		19:15 Total Body Co. <i>Francesca C.</i>	13:00 Vinyasa Yoga <i>Francesca G.</i>	18:00 Total Body Co. <i>Francesca C.</i>	19:15 Zumba Strong <i>Armando</i>
		20:15 G.A.G. 2 <i>Francesca C.</i>	18:15 C. Libero/Stretch. <i>Fabio</i>	19:00 Zumba <i>Armando</i>	
				20:00 Athletic Training 45' <i>Simona</i>	
				20:45 Well Postural 50' <i>Simona</i>	

Piscina	11:00 Aqua Fitness <i>Cristina</i>	11:00 Aqua Dynamics <i>Luis</i>	09:30 Aqua Dynamics <i>Francesco</i>	11:00 Aqua Dynamics <i>Francesco</i>	11:00 Aqua Fitness <i>Luis</i>
	19:30 Aqua G.A.G <i>Francesca</i>	19:30 Cardio fish 45' <i>Rossana</i>	11:00 Aqua Fitness <i>Francesco</i>	19:30 Aqua Well <i>Cristina</i>	15:00 Aqua Well <i>Claudia</i>
		20:15 Water & Tone 45' <i>Rossana</i>	15:00 Aqua Well <i>Irene</i>		19:30 Cardio Fish 45' <i>Rossana</i>
			19:30 Aqua Fitness <i>Cristina</i>		

bassa intensità
 media intensità
 alta intensità



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