


Corsi Fitness weekend Aprile 2022

		Sabato 2	Domenica 3	Sabato 9	Domenica 10			
Sala Malibù	08:30	C. Libero 45' <i>Fabio</i>	10:30	Aerobic Dance <i>Patrizia</i>	08:30	C. Libero 45' <i>Fabio</i>	10:30	Total Body Co. <i>Luigi</i>
	09:30	Cardio Training <i>Fabio</i>	11:45	C. Libero/Stretch. <i>Patrizia</i>	09:30	Cardio Training <i>Fabio</i>	11:45	C. Libero/Stretch. <i>Luigi</i>
	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Step Dance <i>Patrizia</i>	10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	G.A.G. 2 <i>Luigi</i>
	12:00	G.A.G. 2 <i>Fabio</i>	14:30	Well Definition <i>Patrizia</i>	12:00	Step Dance <i>Camilla</i>	14:30	Well Definition <i>Luigi</i>
	13:15	Total Body Co. <i>Fabio</i>			13:15	Aerobic Dance <i>Camilla</i>		
	14:30	Zumba <i>Armando</i>			14:30	Zumba <i>Armando</i>		
	16:00	Fit Boxe <i>Franco</i>			16:00	Fit Boxe <i>Franco</i>		
	17:15	Well Definition <i>Franco</i>			17:15	Well Definition <i>Franco</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 16	Domenica 17	Sabato 23	Domenica 24			
Sala Malibù	08:30	C. Libero 45' <i>Michele</i>		08:30	C. Libero 45' <i>Luigi</i>	10:30	Fit Boxe <i>Franco</i>	
	09:30	Cardio Training <i>Michele</i>		09:30	Cardio Training <i>Luigi</i>	11:45	C. Libero/Stretch. <i>Franco</i>	
	10:45	Ashtanga Yoga <i>Francesca G.</i>		10:45	Ashtanga Yoga <i>Francesca G.</i>	13:00	Push Power <i>Franco</i>	
	12:00	Fit Boxe <i>Franco</i>		12:00	G.A.G. 2 <i>Luigi</i>	14:30	Pilates Fusion <i>Franco</i>	
	13:15	Well Definition <i>Franco</i>		13:15	Total Body Co. <i>Luigi</i>			
	14:30	Zumba <i>Armando</i>		14:30	Zumba <i>Armando</i>			
	16:00	Well Definition <i>Luigi</i>		16:00	Well Boot Camp <i>Irene</i>			
	17:15	Pilates Fusion <i>Luigi</i>		17:15	Well Definition <i>Irene</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>		

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Sabato 30

Sala Malibù	08:30	C. Libero 45' <i>Homar</i>
	09:30	Cardio Training <i>Homar</i>
	10:45	Ashtanga Yoga <i>Francesca G.</i>
	12:00	G.A.G. 2 <i>Irene</i>
	13:15	Total Body Co. <i>Irene</i>
	14:30	Zumba <i>Armando</i>
	16:00	Well Definition <i>Patrizia</i>
	17:15	G.A.G. 2 <i>Patrizia</i>

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