Corsi Fitness weekend Settembre 2021

Domenica 5

Sala Malibù

10:30	Total Body Co. *Luigi*
11:45	C. Libero/Stretch. *Luigi*
13:00	G.A.G. 2 *Luigi*
14:30	Well Definition *Luigi*

Piscina

Sabato 11

Sala Malibù

08:30	C. Libero 45' *Homar*
09:30	Cardio Training *Homar*
10:45	Ashtanga Yoga *Francesca G.*
12:00	Fit Boxe *Franco*
13:15	Well Definition *Franco*
14:30	Zumba *Armando*
16:00	Well Definition *Fabio*
17:15	G.A.G. 2 *Fabio*

Piscina

09:30	Aqua Dynamics *Claudia*
11:00	Aqua Fitness *Claudia*

Domenica 12

Sala Malibù

10:30	Aerobic Dance *Patrizia*
11:45	C. Libero/Stretch. *Patrizia*
13:00	Step Dance *Patrizia*
14:30	Well Definition *Patrizia*

Sabato 18

Sala Malibù

08:30	C. Libero 45' *Michele*
09:30	Cardio Training *Michele*
10:45	Ashtanga Yoga *Francesca G.*
12:00	G.A.G. 2 *Luigi*
13:15	Total Body Co. *Luigi*
14:30	Zumba *Armando*
16:00	Well Definition *Luigi*
17:15	Pilates Fusion *Luigi*

Piscina

09:30	Aqua Dynamics *Claudia*
11:00	Aqua Fitness *Claudia*

Domenica 19

Sala Malibù

10:30	Well Definition *Franco*
11:45	C. Libero/Stretch. *Franco*
13:00	Push Power *Franco*
14:30	Fit Boxe *Franco*

Sabato 25

Sala Malibù

08:30	C. Libero 45' *Luigi*
09:30	Cardio Training *Luigi*
10:45	Ashtanga Yoga *Francesca G.*
12:00	G.A.G. 2 *Luigi*
13:15	Total Body Co. *Luigi*
14:30	Zumba *Armando*
16:00	Well Boot Camp *Irene*
17:15	Well Definition *Irene*

Piscina

09:30	Aqua Dynamics *Claudia*
11:00	Aqua Fitness *Claudia*

Domenica 26

Sala Malibù

10:30	Aerobic Dance *Camilla*
11:45	C. Libero/Stretch. *Camilla*
13:00	Step Dance *Camilla*
14:30	Pilates Fusion *Camilla*