

# Corsi Fitness weekend Gennaio 2022

	Sabato 8	Domenica 9	Sabato 15	Domenica 16
<b>Sala Malibù</b>	08:30 C. Libero 45' <i>Luigi</i>	10:30 Well Definition <i>Irene</i>	08:30 C. Libero 45' <i>Homar</i>	10:30 Aerobic Dance <i>Camilla</i>
	09:30 Cardio Training <i>Luigi</i>	11:45 C. Libero/Stretch. <i>Irene</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 Push Power <i>Irene</i>	10:45 Ashtanga Yoga <i>Francesca G.</i>	13:00 Step Dance <i>Camilla</i>
	12:00 G.A.G. 2 <i>Luigi</i>	14:30 Pilates Fusion <i>Irene</i>	12:00 G.A.G. 2 <i>Fabio</i>	14:30 Pilates Fusion <i>Camilla</i>
	13:15 Total Body Co. <i>Luigi</i>		13:15 Well Definition <i>Fabio</i>	
	14:30 Zumba <i>Armando</i>		14:30 Zumba <i>Armando</i>	
	16:00 Well Boot Camp <i>Irene</i>		16:00 Total Body Co. <i>Fabio</i>	
	17:15 Well Definition <i>Irene</i>		17:15 G.A.G. 2 <i>Fabio</i>	
<b>Piscina</b>	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 22	Domenica 23	Sabato 29	Domenica 30
<b>Sala Malibù</b>	08:30 C. Libero 45' <i>Michele</i>	10:30 Total Body Co. <i>Luigi</i>	08:30 C. Libero 45' <i>Luigi</i>	10:30 Aerobic Dance <i>Patrizia</i>
	09:30 Cardio Training <i>Michele</i>	11:45 C. Libero/Stretch. <i>Luigi</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 G.A.G. 2 <i>Luigi</i>	10:45 Ashtanga Yoga <i>Francesca G.</i>	13:00 Step Dance <i>Patrizia</i>
	12:00 G.A.G. 2 <i>Patrizia</i>	14:30 Well Definition <i>Luigi</i>	12:00 G.A.G. 2 <i>Fabio</i>	14:30 Well Definition <i>Patrizia</i>
	13:15 Total Body Co. <i>Patrizia</i>		13:15 Well Definition <i>Fabio</i>	
	14:30 Zumba <i>Armando</i>		14:30 Zumba <i>Armando</i>	
	16:00 Well Boot Camp <i>Irene</i>		16:00 Fit Boxe <i>Franco</i>	
	17:15 Well Definition <i>Irene</i>		17:15 Well Definition <i>Franco</i>	
<b>Piscina</b>	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>	