

PALINSESTO CORSI TERRA STEVEN E GARDEN DAL 19 OTTOBRE 2020

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO		DOMENICA
STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN
07:45 - 08:45 GIN.GENERALE* SALA RUMBA	05:30 - 08:45 PERSONAL GYM SALA OLOS			07:45 - 08:45 GIN. GENERALE* SALA RUMBA	05:30 - 08:45 PERSONAL GYM SALA OLOS			07:45 - 08:45 GIN. GENERALE* SALA RUMBA	05:30 - 08:45 PERSONAL GYM SALA OLOS			
09:00 - 10:00 GIN.GENERALE* SALA RUMBA		08:45 - 09:45 R.POSTURALE* SALA RUMBA	09:00 - 10:00 GIN. DOLCE* SALA ROSA	09:45 - 10:45 ZUMBA* SALA RUMBA	09:00 - 10:00 PILOGA* SALA ROSA	08:45 - 09:45 R.POSTURALE* SALA RUMBA	09:00 - 10:00 GIN. DOLCE* SALA ROSA	09:00 - 10:00 GIN.GENERALE* SALA RUMBA	09:00 - 10:00 YOGA* SALA ROSA		09:00 - 10:00 POWER DEF.* SALA ROSA	
10:00 - 11:00 SPIN** SALA SPIN	10:00 - 11:00 TOTAL BODY* SALA ROSA	10:00 - 11:00 YOGA* SALA RUMBA	10:00 - 11:00 TONIFICAZIONE* SALA ROSA	10:00 - 11:00 SPIN** SALA SPIN		10:00 - 11:00 PILATES* SALA RUMBA	10:00 - 11:00 TONIFICAZIONE* SALA ROSA	10:00 - 11:00 PUSH* SALA RUMBA	10:00 - 11:00 PILATES* SALA ROSA	10:00 - 11:00 PILATES* SALA RUMBA		
10:00 - 11:00 PILATES* SALA RUMBA						10:15 - 10:45 ADD + GLUTEI SALA FITNESS		10:15 - 10:45 TOTAL BODY SALA FITNESS				
10:15 - 10:45 BR + ADD SALA FITNESS		10:15 - 10:45 ADD + GAMBE SALA FITNESS	13:00 - 13:30 ADD + GAMBE SALA FITNESS	11:15 - 11:45 PETTO + ADD SALA FITNESS				12:30 - 13:00 TOTAL BODY SALA FITNESS		11:00 - 12:00 STEP TONE* SALA RUMBA		
13:00 - 14:00 YOGA* SALA RUMBA	13:00 - 14:00 PUSH* SALA ROSA	12:45 - 13:15 ADD + GAMBE SALA FITNESS	13:00 - 14:00 STEP* SALA ROSA	12:15 - 12:45 PETTO + ADD SALA FITNESS		13:00 - 14:00 ALL TOGETHER NOW** SALA SPIN		13:00 - 14:00 SPIN** SALA SPIN	13:00 - 14:00 TONIFICAZIONE* SALA ROSA			
13:00 - 14:00 SPIN+T.BODY* SALA SPIN		13:00 - 14:00 ALL TOGETHER NOW** SALA SPIN		13:00 - 14:00 TOTAL BODY* SALA RUMBA	13:00 - 14:00 PILATES* SALA ROSA	13:15 - 13:45 ADD + GLUTEI SALA FITNESS	13:00 - 14:00 STEP* SALA ROSA					
		14:30 - 15:30 PRE PARTO SALA RUMBA		13:00 - 14:00 G.CYCLING** SALA SPIN								
16:00 - 16:30 BR + ADD SALA FITNESS	15:30 - 17:30 PERSONAL GYM SALA OLOS	15:45 - 16:45 PRE PARTO PISCINA		16:30 - 17:00 PETTO + ADD SALA FITNESS	17:15 - 17:45 PETTO + ADD SALA FITNESS	16:00 - 16:30 ADD + GLUTEI SALA FITNESS		16:00 - 16:30 TOTAL BODY SALA FITNESS				16:00 - 17:00 PUSH* SALA RUMBA
17:00 - 18:00 PILATES* SALA RUMBA		16:00 - 16:30 ADD + GAMBE SALA FITNESS	16:30 - 19:30 PERSONAL GYM SALA OLOS	18:15 - 18:45 PETTO + ADD SALA FITNESS	18:00 - 18:45 UNDER 18 SALA ROSA	17:00 - 18:00 YOGA* SALA RUMBA		17:00 - 18:00 PILATES* SALA RUMBA		17:00 - 18:00 PUSH* SALA RUMBA		
17:15 - 17:45 BR + ADD SALA FITNESS	17:15 - 17:45 BR + ADD SALA FITNESS	17:00 - 18:00 YOGA* SALA RUMBA		18:20 - 19:20 YOGA* SALA RUMBA	18:20 - 19:20 MILITARY CAMP* PALABASKET	17:30 - 18:00 ADD + GLUTEI SALA FITNESS		17:15 - 17:45 TOTAL BODY SALA FITNESS	17:15 - 17:45 TOTAL BODY* SALA FITNESS			17:10 - 18:10 SPIN** SALA SPIN
18:20 - 19:20 PUSH* SALA RUMBA	18:20 - 19:05 UNDER 18 PALABASKET	17:15 - 17:45 ADD + GAMBE SALA FITNESS				18:20 - 19:20 TONIFICAZIONE* SALA RUMBA	16:30 - 19:30 PERSONAL GYM SALA OLOS	18:00 - 18:50 G.CYCLING** SALA SPIN				
18:30 - 19:20 G.CYCLING** SALA SPIN	18:20 - 19:20 PILATES/YOGA F.* SALA ROSA	18:00 - 19:00 PUSH* SALA RUMBA		18:30 - 19:20 G.CYCLING** SALA SPIN			18:30 - 19:30 PUSH* SALA ROSA		18:20 - 19:20 MILITARY CAMP* PALABASKET	18:20 - 19:20 SPIN** SALA SPIN		
19:00 - 19:30 BR + ADD SALA FITNESS		18:15 - 18:45 ADD + GAMBE SALA FITNESS	18:20 - 19:20 TRAINING* PALABASKET				19:20 - 20:20 PILATES* PALABASKET	18:30 - 19:00 TOTAL BODY SALA FITNESS				
19:20 - 20:20 TOTAL BODY* SALA RUMBA	19:20 - 20:20 STEP* SALA ROSA	19:20 - 20:20 FUNZIONALE* SALA RUMBA	19:20 - 20:20 PILATES* PALABASKET	19:20 - 20:20 C.CONDITIONING* SALA RUMBA	19:20 - 20:20 STEP* SALA ROSA	19:20 - 20:20 STEP COREO* SALA RUMBA	19:30 - 20:30 ZUMBA* SALA ROSA	19:00 - 20:00 G.CYCLING** SALA SPIN	19:20 - 20:20 STEP* SALA ROSA			
19:30 - 20:30 G.CYCLING** SALA SPIN				19:30 - 20:30 G.CYCLING** SALA SPIN				19:20 - 20:20 PUSH* SALA RUMBA				
20:20 - 21:20 PUSH* SALA RUMBA	20:20 - 21:20 FIT BOXE* SALA ROSA			20:20 - 21:20 PUSH* SALA RUMBA	20:20 - 21:20 FIT BOXE* SALA ROSA							

*LE LEZIONI SONO A PRENOTAZIONE OBBLIGATORIA. SALE GARDEN: SALA ROSA 30 POSTI - SALA OLOS 14 POSTI. SALE STEVEN: SALA RUMBA 20 POSTI (ATT.DINAMICA) 25 POSTI (ATT.STATICA) - SALA SPIN 27 POSTI