

ORARI VACANZE NATALIZIE SALA CORSI

DICEMBRE

MERCOLEDI 07      SOSPESI

GIOVEDI 08      SOSPESI

LUNEDI 26      SOSPESI

MARTEDI 27

MERCOLEDI 28

GIOVEDI 29

VENERDI 30

10:00-11:00	SOFT TONE Zoe	TOTAL BODY Monica	SOFT TONE Matteo	SOFT TONE Francesca
11:00-12:00	CARDIO TONE Zoe	FLEXIBILITY Monica	FLEXIBILITY Matteo	HATHA YOGA Francesca
13:00-14:00	FUNCTIONAL Alfedo	PILATES INT. Monica	PUMP Matteo	SOFT TONE Francesca
18:30-19:15	CIRCUIT TRAINING Alfedo	PILATES MAT Giulia	FUNCTIONAL Afredo	TOTAL BODY Simona
19:15-20:00	FUNCTIONAL Alfedo	RI-GENERATION Giulia	CIRCUIT TRAINING Afredo	WALK UP Simona

SABATO 31

SOSPESI

**GENNAIO**

	LUNEDI 02	MARTEDI 03	MERCOLEDI 04	GIOVEDI 05
10:00-11:00	CARDIO TONE Carmen	SOFT TONE Zoe	TOTAL BODY Monica	SOFT TONE Matteo
11:00-12:00	GAG Carmen	CARDIO TONE Zoe	FLEXIBILITY Monica	FLEXIBILITY Matteo
13:00-14:00	PILATES BASE Monica	TOTAL BODY Carmen	PILATES INT. Monica	PUMP Matteo
18:30-19:15	FUNCTIONAL Alfedo	CIRCUIT TRAINING Alfedo	FUNCTIONAL ABS Alfredo	FUNCTIONAL Alfredo
19:15-20:00	FUNCTIONAL ABS Alfedo	FUNCTIONAL Alfedo	FUNCTIONAL Alfredo	CIRCUIT TRAINING Alfredo
VENERDI 06	SOSPESI			
SABATO 07	SOSPESI			