

PLANNING
CORSI FITNESS
30 AGOSTO – 23 DICEMBRE

<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>
9,00 – 9,45 BODYPUMP	9,00 – 9,45 BODYATTACK	9,00 – 9,30 LESMILLS CORE	9,00 – 9,45 BODYPUMP	9,00 – 9,30 S A S
9,45 – 10,30 LESMILLS CORE	9,45 – 10,30 BODY BALANCE	9,30 – 10,00 BODY COMBAT	9,45 – 10,15 BODYATTACK	9,30 – 10,00 UPPER BODY
		10,00 - 10,15 ABDOMINAL POWER		10,00 – 10,30 BODY BALANCE
12,45 – 13,30 FITMIX	12,45 – 13,30 BODYPUMP	12,45 – 13,30 BODY BALANCE	12,45 – 13,30 ATTACK & CORE	
18,30 – 19,00 BODYATTACK	18,30 – 18,45 ABDOMINAL POWER	18,30 – 19,15 BODYPUMP	18,30 – 19,00 GAG	18,30 – 19,00 LESMILLS CORE
19,00 – 19,30 LESMILLS CORE	18,45 – 19,15 S A S	19,15 – 20,00 BODYATTACK	19,00 – 19,30 BODY COMBAT	19,00 – 19,45 BODYPUMP
19,30 – 20,00 BODY COMBAT	19,15 – 19,45 UPPER BODY	20,00 – 20,15 ABDOMINAL POWER	19,30 – 20,15 BODY BALANCE	19,45 – 20,15 BODYATTACK
20,00 – 20,30 BODY BALANCE	19,45 – 20,30 LESMILLS CORE			

PLANNING
PILATES

<u>Lunedì</u>	<u>Martedì</u>	<u>Mercoledì</u>	<u>Giovedì</u>	<u>Venerdì</u>
	9,15 – 10,00		9,15 – 10,00	