

# ESTATE 2016

## Prepugilistica fino al 30 Giugno

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
ore 19,00/20,30			ore 19,00/20,30			
ore 20,30/22,00			ore 20,30/22,00			

## PLANNING CORSI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
ore 8,30/9,30 spinning	9,30/10,30 walk exercise Lucia	ore 8,30/9,30 spinning	9,30/13,00 walk exercise Lucia	ore 8,30/9,30 spinning	9,00/10,00 walk exercise Lucia/stefano	
9,00/10,00 Posturale o Pilates Silvia		9,00/10,00 Jpump/ F act Silvia		9,00/10,00 ginnastica funzionale Silvia	9,30/10,30 Cross Training Matteo	
	18,45/19,30 cross training Matteo		18,45/19,30 cross training Matteo			
18,30/19,30 j pump/ F act Silvia	18,30/19,30 Posturale o Pilates Giorgia		18,30/19,30 Posturale o Pilates Giorgia			
19,30/20,15 Zumba Silvia	19,30/20,30 Total Body Stefano	19,30/20,30 Met Silvia	19,30/20,30 Tonificazione Stefano	19,30/20,20 Zumba Tone Silvia		
ore 20,00/21,00 spinning		ore 20,00/21,00 spinning		ore 20,00/21,00 spinning		

## FORMULA PLUS € 35,00 mensile

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
yoga ore 18,00/19,30		yoga ore 18,00/19,30				
yoga ore 19,30/21,00		yoga ore 19,30/21,00				