



CORSI E FAST CLASS - CONCORDIA SAGITTARIA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
7.00-7.45 PILATES	7.30-8.15 TOTALBODY	7.00-7.45 PILATES	7.30-8.15 FUNCTIONAL	7.00-7.45 PILATES
8.15-8.45 POSTURAL	8.15-9.15 YOGA	8.15-8.45 POSTURAL		8.15-8.45 TOTALBODY
12.45-13.15 CROSS CIRCUIT	12.45-13.15 ABDOMINAL	12.45-13.15 CROSS CIRCUIT	12.45-13.15 POSTURAL	12.45-13.15 ABDOMINAL
17.00-17.30 FUNCTIONAL	16.30-17.00 TOTALBODY	17.00-17.30 G.A.G.	16.30-17.00 TOTALBODY	17.00-17.30 TOTALBODY
18.30-19.00 ABDOMINAL	18.15-19.00 PILATES	18.30-19.00 FUNCTIONAL	18.15-19.00 PILATES	17.00-17.30 PILATES
18.30-19.15 POUND FIT	18.30-19.00 G.A.G.	18.30-19.15 POUND FIT	18.30-19.00 G.A.G.	18.00-18.30 H.I.I.T.
19.00-19.30 CROSS CIRCUIT	19.00-19.45 PILATES	19.00-19.30 TABATA	19.00-19.45 PILATES	18.15-19.15 YOGA
19.30-20.15 ZUMBA FITNESS	19.15-20.00 POWER JUMP	19.30-20.15 ZUMBA FITNESS	19.15-20.00 POWER JUMP	18.30-19.00 ABDOMINAL

*la pianificazione potrebbe subire delle variazioni