


FITNESS CLUB AREA SPORT - ORARIO ATTIVITA' 2019-2020

ORARIO	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7-8	VINYASA YOGA ALESSANDRA	POSTURALE MARIKA		PILATES ALESSANDRA	POWER YOGA ALESSANDRA		
8-9	ZUMBA GIULIANA	PRE PILATES MARIKA		POSTURALE ALESSANDRA			
9-10	POWER YOGA LORENZO	ZUMBA GIULIANA	BACK PREVENTION ALESSANDRA	CROSS CARDIO ORIANA	POWER YOGA LORENZO	ZUMBA GIULIANA	
10-11	TBF LORENZO	POSTURALE ENZO	TONIFICAZIONE ALESSANDRA	MOVIDA ORIANA	TBF LORENZO	TBW DANIELE	ROTAZIONE
11-12	PILATES ORIANA	TRX ENZO	POWER YOGA ALESSANDRA	TRX CIRCUITO ENZO	GAG SARA S.	STEP DANIELE	ROTAZIONE
12-13	MOVIDA ORIANA				PILATES SARA S.	YOGA FLEX LIDIA	
13-14	TRAINING REVOLUTION LORENZO	POWER YOGA ALESSANDRA	ZUMBA GIORGIA	PILATES ALESSANDRA	TRAINING REVOLUTION LORENZO	TBW MASSIMO	
14-15				STRETCHING FUNZ LORENZO		SUPER JUMP LIDIA (P)	
15-16	MOVIDA MASSIMO	IRON BODY PAOLO	TBW MASSIMO	IRON BODY PAOLO	TBW DANIELE	YOGA FOR KIDS LIDIA	
16-17	TOTAL BODY DANIELE	STRETCHING SARA S.	ZUMBA PAOLA	PILATES ALESSANDRA	MOVIDA MASSIMO		
17-18	AERODANCE DANIELE	GAG SARA T.	TBW DANIELE	STEP DANIELE	STEP MASSIMO		(P) attività su prenotazione
18-19	PILATES LORENZO	MUSCLE DEF. SARA S.	BODY PUMP CINZIA	CIRCUIT TRAINING DANIELE	TRX ALESSANDRO		VERDE <i>Posturale/Body&Mind</i>
19-20	TRAINING REVOLUTION LORENZO	POUND LIDIA (P)	STEP DANIELE	POWER YOGA SARA S.	TRAINING REVOLUTION ALESSANDRO		AZZURRO <i>Tonificazione</i>
20-21	SUPER JUMP LIDIA (P)	TONIFICAZIONE LUCA V.	POWER YOGA ALESSANDRA	SUPER JUMP LIDIA (P)	POWER YOGA ALESSANDRA		GIALLO <i>Danza/Ballo</i>
21-22	YOGA FLEX LIDIA		DIFESA PERSONALE ITALO	DIFESA PERSONALE ITALO			ARANCIO <i>Aerobiche/Coreografia</i>