

# ORARIO DEI CORSI

STAGIONE 2011 - 2012

orario	lunedì		martedì		mercoledì		giovedì		venerdì		sabato		domenica	
8,00														
8,30	♥ G.D. FIT	30'			♥ G.D. FIT	30'			♥ G.D. FIT	30'				
9,00	♥ TBW	60'	▶ POSTURALE	60'	♥ BODY SCULPT	60'	▶ POSTURALE	60'	♥ STEP AND SCULPT	60'				
9,30														
10,00	♥ CORPO LIBERO	60'	▶ CORRETTIVA	60'	♥ CORPO LIBERO	60'	▶ CORRETTIVA	60'	♥ CORPO LIBERO	60'				
10,30											♥ BRUCIA GRASSI	60'		
11,00	♥ STRETCHING	30'			♥ STRETCHING	30'			♥ STRETCHING	30'				
11,30	# PILATES	60'	♪ YOGA	90'	# PILATES	60'	♪ YOGA	90'	# PILATES	60'	♥ ADDOME - GLUTEI	30'		
12,00														
12,30														
13,00	♥ ADDOMINALI	30'			♥ ADDOMINALI	30'			♥ ADDOMINALI	30'				
13,30	♥ POWER PUMP	60'	♣ ADDOMINALI	30'	♥ BRUCIA GRASSI	60'	♣ ADDOMINALI	30'	♥ STEP 2	60'				
14,00			♣ STEP	30'			♣ TONIF. FUNZIONALE	30'						
14,30	♥ DAIANA SPT	60'	♣ BODY SCULPT	30'	♥ DAIANA DAB	60'	♣ STRETCHING	30'	♥ DAIANA GAG	60'				
15,00														
15,30														
16,00	♥ STEP AND SCULPT	60'			♥ TBW	45'			♥ STEP AND SCULPT	60'				
16,30					#### GIOCODANZA	45'								
17,00	♥ STRETCHING	30'	Δ PILATES	60'	# 4-5 anni		Δ PILATES	60'	♥ STRETCHING	30'				
17,30	♥ ADDOMINALI	30'			♥ ADDOMINALI	30'			♥ ADDOMINALI	30'				
18,00	♥ POWER PUMP	60'	♦ STEP 1	30'	♥ DAIANA GAG	60'	♦ STEP 2	60'	♥ CROSS FIT	60'				
18,30			♦ ADDOMINALI	30'										
19,00	♥ BRUCIA GRASSI	60'	♦ TBW	60'	♥ BRUCIA GRASSI	60'	♦ ADDOMINALI	20'	♥ DAIANA GAG	30'				
19,30							♦ TBW	40'	X THAI BOXE	60'				
20,00	♥ TONIF. FUNZIONALE	60'	♠ FIT BOXE	60'	♥ CROSS FIT	60'	♠ FIT BOXE	60'						
20,30														
21,00	X THAI BOXE	60'	Ω FULL CONTACT	90'	X THAI BOXE	60'	Ω FULL CONTACT	90'						
21,30														
22,00														
22,30														
23,00														

♥ DAIANA ♦ DAMIANO ♣ DINO # LILIANA ♪ LUIGI X MANUEL ♣ MARIO Ω NICOLA ▶ RAFFAELE ♦ SABRINA Δ TOMASO

## ORARI:

Lunedì - Venerdì 08:00 - 23:00 Sabato 09:00 - 18:00 Domenica 09:00 - 13:00

INTENSITA'

BASSA

MEDIA

ALTA