

ORARIO CORSI GIUGNO / LUGLIO 2020

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
9.00-9.30 TOTAL BODY	9.00-9.30 STEP&TONE	9.00-9.30 GAG	9.00-9.30 TOTAL BODY	8.50-9.30 PILATES
9.40-10.10 ADDOMINALI	9.40-10.10 CARDIO TONE	9.40-10.10 AERODANCE	9.40-10.10 ADDOMINALI	9.40-10.10 GAG
10.20-10.50 STABILITY GYM	10.20-11.00 PILATES	10.20-10.50 STABILITY GYM	10.20-10.50 BODY BALANCE	10.20-10.50 UPPER BODY
11.00-11.30 BODY STRETCH	11.10-11.40 SOFT GYM	11.00-11.30 BODY STRETCH	11.00-11.30 BODY STRETCH	11.00-11.30 SOFT GYM
12.55-13.25 REAL BALL	12.55-13.25 TOTAL BODY	12.55-13.25 POWER TONE	12.55-13.25 AERODANCE	13.10-13.50 PILATES
13.35-14.05 PUMP UP	13.35-14.05 AERODANCE	13.35-14.05 ADDOMINALI	13.35-14.05 GAG	
15.00-15.40 PILATES	15.20-15.50 STABILITY GYM	15.20-15.50 AERODANCE	15.20-15.50 CARDIO TONE	15.20-15.50 GAG
16.00-16.30 CARDIO TONE	16.00-16.30 PUMP UP	16.00-16.30 BODY BALANCE	16.00-16.30 ADDOMINALI	16.00-16.30 UPPER BODY
17.30-18.00 BODY BALANCE	17.30-18.00 ADDOMINALI	17.30-18.00 AERODANCE	17.30-18.00 UPPER BODY	17.30-18.00 BODY BALANCE
18.10-18.40 TOTAL BODY	18.10-18.40 STEP&TONE	18.10-18.50 PILATES	18.10-18.40 GAG	18.10-18.40 CARDIO TONE
18.50-19.20 POWER TONE	18.50-19.20 GAG	19.00-19.30 TOTAL BODY	18.50-19.20 POWER TONE	18.50-19.20 STEP&TONE
19.30-20.10 PILATES	19.30-20.00 PUMP UP	19.40-20.10 BODY BALANCE	19.30-20.00 TOTAL BODY	19.30-20.00 PUMP UP