

# ORARIO CORSI DAL 6 FEBBRAIO 2012

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
RISVEGLIO MUSCOLARE (20') 8.00-8.20		RISVEGLIO MUSCOLARE (20') 8.00-8.20		RISVEGLIO MUSCOLARE (20') 8.00-8.20	
ABDOMINAL CLASS (20') 09.15 - 09.35	MOBILITA' ARTICOLARE (20') 9.15-09.35		ABDOMINAL CLASS (20') 09.15 - 09.35		
<b>PILATES</b> (45') 9.45 - 10.30 CRISTIAN Z.		<b>Yoga</b> (60') 9.00-10.00 MASSIMILIANO E.	<b>PILATES</b> (45') 9.45 - 10.30 CRISTIAN Z.	<b>Yoga</b> (60') 9.00-10.00 MASSIMILIANO E.	
SMILING TONE-DANCE (45') 10.30-11.15 CRISTIAN Z.	ABDOMINAL CLASS (20') 10.30 - 10.50	SOFT GYM (20') 10.30-10.50	SMILING TONE-DANCE (45') 10.30-11.15 CRISTIAN Z.	TONIF.GAMBE E GLUTEI (20') 10.30-10.50	PILATES (45') 10.00 - 10.45 TOTAL TONE (45') 10.45 - 11.30
PILATES (20') 12.30-12.50	G.A.G. (45') 12.30-13.15 MARIO B.	PILATES (20') 12.30-12.50	AERO/STEP TONE (45') 12.30-13.15 CARPENTIERI F.	ABDOMINAL CLASS (20') 12.30 - 12.50	
ABDOMINAL CLASS (20') 13.15 - 13.35	EASY STEP (45') 13.15-14.00 MARIO B.	UPPER BODY (20') 13.15-13.35	PILATES (45') 13.15 - 14.00 CARPENTIERI F.	TONIF.GAMBE E GLUTEI (20') 13.15-13.35	
TONIF.GAMBE E GLUTEI (20') 13.40-14.00	TONIF.GAMBE E GLUTEI (20') 16.00-16.20	ABDOMINAL CLASS (20') 13.40 - 14.00	ABDOMINAL CLASS (20') 16.00 - 16.20	UPPER BODY (20') 13.40-14.00	
UPPER BODY (20') 15.00-15.20		STRETCHING (20') 15.00 - 15.20			
G.A.G. (45') 17.30 - 18.15 DEBORAH E.	PILATES (20') 17.00-17.20	UPPER BODY (20') 17.00-17.20	TONIF.GAMBE E GLUTEI (20') 17.00-17.20	ABDOMINAL CLASS (20') 17.00 - 17.20	PILATES (45') 16.00 - 16.45 BODY TONE (45') 16.45 - 17.30
COREOGRAFY STEP 18.15 - 19.00 DEBORAH E.	UPPER BODY (20') 17.40 - 18.00	ABDOMINAL CLASS (20') 18.00 - 18.20	PILATES (45') 18.15 - 19.00 MARIO B.	TONIF.GAMBE E GLUTEI (20') 18.00-18.20	
TOTAL BODY (45') 19.00 - 19.45 DEBORAH E.	ABDOMINAL CLASS (20') 18.00 - 18.20	TONIF.GAMBE E GLUTEI (20') 18.30-18.50	AERO/STEP TONE UP (45') 19.00 - 19.45 MARIO B.	UPPER BODY (20') 18.30-18.50	
AEREO DANCE 19.45 - 20.30 DEBORAH E.	PILATES (45') 18.45 - 19.30 VALENTINA P.	FLOWERING (60') 19.00 - 20.00 DEBORAH O.	G.A.G. (45') 19.45 - 20.30 MARIO B.	ABDOMINAL CLASS (20') 19.00 - 19.20	
FLOWERING (60') 20.30 - 21.30 DEBORAH O.	BODY SCULPTY (45') 19.30 - 20.15 VALENTINA P.			STRETCHING (20') 20.00-20.20	
	STEP (45') 20.15 - 21.00 VALENTINA P.				
	<b>BODY IRON</b> (45') 21.00 - 21.45 CRISTIAN Z.	<b>FIRE FREIGHT</b> (60') 20.00 - 21.00 CRISTIAN	<b>SPORT DA RING</b> (75') 20.30 - 21.45 MARCO		
		PILATES (20') 21.00-21.20			



**Corsi Extra abbonamento Martedì**  
ore 19.30 Danza del Ventre 20.30 Burlesque

\* ORARIO SOGGETTO A VARIAZIONE

ORARI DI APERTURA:  
LUN-VEN 7.00-23.00  
SAB 9.00-20.00  
DOM 10.00-19.00



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