

2° PLANNING CORSI NATALE DAL 31/12 AL 06/01



VIA QUASIMODO N°18
LEGNANO
TEL. 0331-578652

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

DOMENICA



10.30 - 12.00
MASTER MIX
LIZ



C
H
I
U
S
U
R
A



10.00 - 11.00
SPINNING
ELENA V.I.P.



18.00 - 19.00
PILATES
ELENA V.I.P.

19.00 - 20.00
TOTAL TONE
ELENA

20.00 - 21.00
FULL METAL FITNESS
MASSY V.I.P.



10.00 - 11.00
TOTAL TONE
LIZ

13.00 - 13.30



18.00 - 19.00
YOGA FIT
ANNA
19.00 - 20.00

BODY SCULPTY
ANNA

20.00 - 21.00

FULL METAL FITNESS
PAOLO V.I.P.

19.00 - 19.45
SPINNING
ANTONIO V.I.P.

19.45 - 20.30
SPINNING
ANTONIO V.I.P.

8.00 - 9.00

FULL METAL FITNESS

PAOLO V.I.P.

10.00-11.00

Olit
TRAINING OLISTICO
ELENA V.I.P.



18.00 - 18.45

PILATES
LIZ

18.45 - 19.30

STEP TONE UP
LIZ

19.30 - 20.30

MOVIDAR
MARTINA V.I.P.



10.30 - 11.30

ZUMBA
FITNESS
FABIO



Ricordati di utilizzare le
calzature adatte
all'allenamento

15.00 - 16.00

FIT BOXE
LIZ



10.00 - 11.00

FULL METAL FITNESS
PAOLO V.I.P.

10.00 - 11.00

SPINNING
ELENA V.I.P.

11.00 - 12.00

STEP TONE UP
ELENA

