

PLANNING



2019/2020

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
7:45 8:45 ATHLETIC YOGA		7:45 8:45 ATHLETIC YOGA				
9:00 10:00 INTERVAL TRAINING		9:00 10:00 BALANCE & PILATES		9:00 10:00 POSTURALE		
	10:30 11:15 TONIFICAZIONE		10:30 11:15 TOTAL BODY			
					10:30 11:15 BALANCE & PILATES	
					11:15 12:00 POWER JUMP	11:30 12:30 TONIFICAZIONE A ROTAZIONE
13:00 13:45 TOTAL BODY	13:00 13:45 INTERVAL TRAINING	13:00 13:45 FITBOXE	13:00 13:45 TONIFICAZIONE	13:00 13:45 TOTAL MIX		12:30 13:30 TONIFICAZIONE A ROTAZIONE
13:00 13:45 PILATES	13:00 13:45 ATHLETIC YOGA	13:00 13:45 PILATES	13:00 13:45 ATHLETIC YOGA	13:00 13:45 PILATES		
					16:00 16:45 ZUMBA	
17:00 17:45 TONIFICAZIONE		17:00 17:45 POWER JUMP		17:00 17:45 TOTAL BODY	17:00 17:45 STRONG by ZUMBA	
17:45 18:30 JUMP & TONE	17:45 18:30 FITBOXE	17:45 18:30 TOTAL BODY	17:45 18:30 FITBOXE	17:45 18:30 GAG		
18:30 19:15 STEP	18:30 19:15 TONIFICAZIONE	18:30 19:15 GAG	18:30 19:15 TONIFICAZIONE	18:30 19:15 POWER JUMP		
19:15 20:00 TOTAL BODY	19:15 20:00 STRONG BY ZUMBA	19:15 20:00 PILATES	19:15 20:00 POUNDFIT	19:15 20:00 POWER PILATES		
20:00 20:45 HIIT	20:00 20:45 ZUMBA	20:00 20:45 TONIFICAZIONE	20:00 20:45 ZUMBA			

APP

APP

APP

APP

APP