

**N.B. TUTTI I CORSI PRESENTI IN TABELLA SI POSSONO FREQUENTARE IN
MODALITA' INTERATTIVA**

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
<u>09:00 – 10:00</u> GINNASTICA DOLCE MEMORY TRAINING					
<u>10:00 – 11:00</u> GINNASTICA CON METODO PILATES			<u>11:00 – 12:00</u> GINNASTICA POSTURALE		
<u>11:00 – 12:00</u> GINNASTICA POSTURALE	<u>11:00 – 12:00</u> AFA LOMBALGIA	<u>11:00 – 12:00</u> GINNASTICA DOLCE MEMORY TRAINING	<u>13:00 – 14:00</u> CORE WORK	<u>11:00 – 12:00</u> AFA LOMBALGIA	<u>11:00 – 12:00</u> GINNASTICA CON METODO PILATES
<u>14:00 – 15:00</u> GINNASTICA DOLCE MEMORY TRAINING	<u>12:00 – 13:00</u> AFA LOMBALGIA		<u>14:00 – 15:00</u> GINNASTICA DOLCE MEMORY TRAINING	<u>12:00 – 13:00</u> AFA LOMBALGIA	<u>12:00 – 13:00</u> TABATA TRAINING
<u>15:00 – 16:00</u> GINNASTICA DOLCE MEMORY TRAINING	<u>13:00 – 14:00</u> CORE WORK		<u>15:00 – 16:00</u> GINNASTICA DOLCE MEMORY TRAINING	<u>15:00 – 16:00</u> STRETCHING	<u>13:00 – 14:00</u> EXTREME GLUTEUS & ABDOMINALS
<u>16:00 – 17:00</u> GINNASTICA ESTETICA DOLCE		<u>16:00 – 17:00</u> YOGILATES	<u>16:00 – 17:00</u> GINNASTICA ESTETICA DOLCE	<u>16:00 – 17:00</u> POSTURAL PILATES	
<u>17:00 – 18:00</u> YOGILATES	<u>18:00 – 19:00</u> GINNASTICA POSTURALE	<u>17:00 – 18:00</u> GINNASTICA CON METODO PILATES	<u>18:00 – 19:00</u> GINNASTICA CON METODO PILATES PROPS	<u>17:00 – 18:00</u> TABATA TRAINING	
<u>19:00 – 20:00</u> GINNASTICA CON METODO PILATES	<u>19:00 – 19:50</u> TRAINING BOXE	<u>18:00 – 19:00</u> INTENSIVE GLUTEUS & ABDOMINALS	<u>19:00 – 20:00</u> TOTAL BODY	<u>18:30 – 19:30</u> TRAINING BOXE	
<u>20:00 – 20:50</u> TOTAL BODY	<u>20:00 – 20:50</u> ZUMBA FITNESS	<u>19:00 – 20:00</u> GINNASTICA CON METODO PILATES	<u>20:00 – 20:50</u> ZUMBA FITNESS	<u>19:30 – 20:30</u> GINNASTICA POSTURALE	
<u>20:50 – 21:40</u> FUNCTIONAL TRAINING	<u>20:50 – 21:40</u> STRONG NATION	<u>20:00 – 21:00</u> TABATA TRAINING	<u>20:50 – 21:40</u> FUNCTIONAL TRAINING		