



CARDIO



TONO



BENESSERE

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
07:00			Functional Training 50 min - Fulvio		
09:10	Allungamento Attivo 50 min - Lucia	Tai Gym 50 min - Alessandro	Addome & Stretch 50 min - Raoul	Contrology 50 min - Lucia	
10:00	Contrology 50 min - Lucia	Metabolic Body Training 50 min - Davide	Total Body Workout 50 min - Raoul		Metabolic Body Training 50 min - Davide
13:10	Fit Box 50 min - Timmy	Cycling Revolution 50 min - Lorenzo	Step e Tono 50 min - Timmy	Contrology Advanced 50 min - Lucia	Step e Tono 50 min - Gloria
14:40	Postural Dynamic 50 min - Timmy			Postural Dynamic 50 min - Gloria	
15:30		15:00 - Core Training 50 min - Filippo	15:00 Cycling Revolution 50 min - Lorenzo		
17:30		Postural Dynamic 30 min - Gloria			Postural Dynamic 30 min - Gloria
18:00	Total Body Evolution 50 min - Patty	Step e Tono 60 min - Gloria	Contrology Advanced 50 min - Lucia	Circuit Training 50 min - Patty	Step e Tono 50 min - Gloria
19:00	StePanther 50 min - Patty	Stretching Workout 30 min - Gloria	19:15 Gym Dance 50 min - Stefano	Step Challenge 50 min - Patty	Stretching Workout 30 min - Gloria
19:30		Functional Training 50 min - Davide		Functional Training (Sala Pesi) 50 min - Fulvio	19:00 Functional Training (Sala Pesi) 50 min - Davide
20:10	Body & Mind 90 min - Patty		Body & Mind 90 min - Ignazio	Ayurvedic Body & Mind 60 min - Patty	
SABATO ore 12:00				Gym Dance 50 min - Stefano	

N.B. Ogni corso verrà svolto solo al raggiungimento di minimo 3 partecipanti