

ORARIO SALA PESI

LUNEDI : 09.30 – 21.30
 MARTEDI : 09.30 – 21.30
 MERCOLEDI : 09.30 – 21.30
 GIOVEDI : 09.30 – 21.30
 VENERDI : 09.30 – 21.30
 SABATO : 09.30 -13.00



ORARIO CORSI

	LUNEDI	MARTEDI
	Ginnastica Medica 09:30 – 10:30 Sala 2 – Andrea R./Nicholas	Spartan 13:00 – 14:00 Sala 1/ Area Esterna- Francesco/Dok
	Total Body 12:50 – 13:40 Sala 1 - Sara	Total Body 18:40 – 19:30 Sala 1 - Sara
	Pole Dance (12 /16 Anni) 17:30 -18:30 Sala 2 - Annalisa	Pole Dance Adulti 19:30 – 20:30 Sala 2 – Annalisa/Lorena
	Pole Dance Adulti 18:30 – 19:30 Sala 2 - Annalisa	Pole Dance Adulti 20:30 – 21:30 Sala 2 – Annalisa/Lorena
	Kettlebells 18.40 – 19.30 Sala 1 – Gianluca / Bledar	
	Pole Dance Adulti 19:30 – 20:30 Sala 2 – Annalisa	
	Pole Dance Adulti 20:30 – 21:30 Sala 2 – Annalisa	

MERCOLEDI	GIOVEDI	VENERDI
Pole Dance (12 /16 Anni) 17:30 -18:30 Sala 2 - Annalisa	Total Body 12:50 – 13:40 Sala 1 - Sara	Ginnastica Medica 10:15 – 11:15 Sala 2 – Andrea R./Nicholas
Pole Dance Adulti 18:30 – 19:30 Sala 2 - Annalisa	Spartan 13:00 – 14:00 Sala 1/ Area Esterna- Francesco/Dok	Spinning 18:30 19:30 Sala 3 - Andrea
Spinning 18:30 19:30 Sala 3 - Andrea	Cardio Training 18:40 – 19:30 Sala 2 – Flavio	Spartan 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/ Area Esterna – Stefano/Riccardo
Spartan 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/ Area Esterna – Stefano/Riccardo	Pole Dance Adulti 19:30 – 20:30 Sala 2 – Annalisa/Lorena	
Pole Dance Adulti 19:30 – 20:30 Sala 2 - Annalisa	Pole Dance Adulti 20:30 – 21:30 Sala 2 – Annalisa/Lorena	
Pole Dance Adulti 20:30 – 21:30 Sala 2 - Annalisa		
SABATO		
Spartan YOUNG 10:00 – 11:00 (Bambini/Ragazzi 6-15 Anni) Area Esterna – Team Spartan		