

ORARIO SALA PESI

LUNEDI : 09.30 – 21.30
 MARTEDI : 09.30 –
 21. 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
	Spinning 13:30 14:30 Sala 3 - Andrea	Total Body Hiit 12:40 – 13:30 Sala 1 - Vita
	Pole Dance (12 /16 Anni) 17:30 -18:30 Sala 2 - Annalisa	Cardio Training 18:40 – 19:30 Sala 2 – Flavio
	Pole Dance Intermedio 18:30 – 19:30 Sala 2 - Annalisa	Pole Dance Base 19:30 – 20:30 Sala 2 – Annalisa/Ilaria
	Kettlebells 18.40 – 19.30 Sala 1 – Gianluca / Bledar	Pole Dance Base 20:30 – 21:30 Sala 2 – Annalisa/Ilaria
	Pole Dance Intermedio 19:30 – 20:30 Sala 2 – Annalisa	
	Pole Dance Base 20:30 – 21:30 Sala 2 – Annalisa	

MERCOLEDI	GIOVEDI	VENERDI
Pole Dance (12 /16 Anni) 17:30 -18:30 Sala 2 - Annalisa	Spartan 13:00 – 14:00 Sala 1/ Area Esterna- Francesco	Ginnastica Medica 10:15 – 11:15 Sala 2 – Andrea R./Nicholas
Pole Dance Intermedio 18:30 – 19:30 Sala 2 - Annalisa	Cardio Training 18:40 – 19:30 Sala 2 – Flavio	Total Body Hiit 12:40 – 13:30 Sala 1 - Vita
Kettlebells 18.40 – 19.30 Sala 1 – Gianluca / Bledar	Pole Dance Base 19:30 – 20:30 Sala 2 – Annalisa/Ilaria	Spinning 18:30 19:30 Sala 3 - Andrea
Spinning 19:30 20:30 Sala 3 - Andrea	Pole Dance Base 20:30 – 21:30 Sala 2 – Annalisa/Ilaria	Spartan 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/ Area Esterna - Stefano
Spartan 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/Area Esterna- Stefano		
Pole Dance Intermedio 19:30 – 20:30 Sala 2 - Annalisa		
Pole Dance Base 20:30 – 21:30 Sala 2 - Annalisa		

