



ORARIO CORSI 2018

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
mattina	09:30 > 10:30 Core Stability	09:30 > 10:30 Push Power	09:30 > 10:30 Core Stability	10:30 > 11:30 Postural	09:30 > 10:30 Bosu	11:00 > 12:15 Hatha-Flow-Yoga
		10:30 > 11:30 Postural				
pranzo	13:00 > 14:00 Power Pilates	12:30 > 13:30 Fit for Golf	13:30 > 14:30 Functional	12:30 > 13:30 Fit for Golf	13:30 > 14:30 Functional	
		12:30 > 13:30 Power Pilates		13:00 > 14:00 Pilates		
pomeriggio	16:30 > 18:30 Fit for Tennis	16:00 > 17:00 Fitcross	16:30 > 18:30 Fit for Tennis	16:00 > 17:00 Fitcross	16:30 > 18:30 Fit for Tennis	
	17:30 > 18:30 Pilates	17:00 > 18:00 Tone Music		17:00 > 19:00 TPI Junior	17:00 > 18:00 Tone Music	
		17:00 > 19:00 TPI Junior		18:30 > 19:30 Pilates		
sera	19:00 > 20:00 Power	19:00 > 20:00 Fit for Golf	19:00 > 20:00 Power	19:00 > 20:00 Fit for Golf		
	20:15 > 21:30 Hatha-Flow-Yoga	20:00 > 21:30 Power Pilates	20:00 > 21:15 Hatha-Flow-Yoga	20:00 > 21:30 Hatha-Yoga		

LEGENDA INTENSITA' CORSI

SOFT

MEDIUM

HIGH