



ORARIO CORSI DA SETTEMBRE 2018

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

LEGENDA INTENSITA' CORSI

SOFT

MEDIUM

HIGH