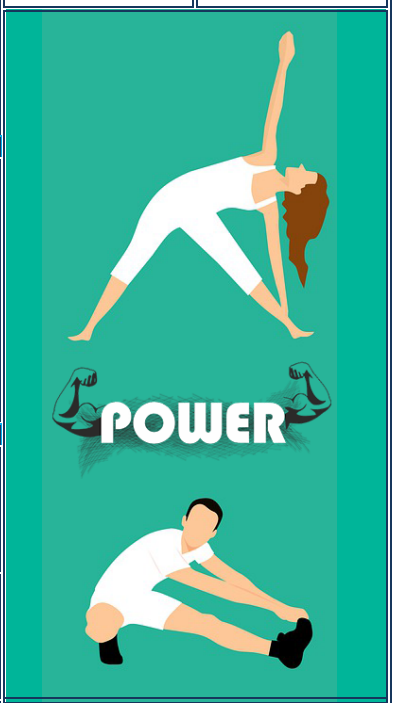
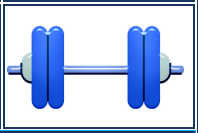
Planning Corsi dal 30 Agosto al 5 Settembre

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 (50') PILATES Fabio	 9.30 (50') FULL BODY Patricia	9.00 (75') YOGA Ilaria	9.00 (50') PILATES Barbara	9.30 (50') COREO 4 FUN Tiziana	treforclub FITNESS & RELAX 10.00 (25') TONE UP	POSTURAL TRAINING 10.00 (55') PILATES
10.00 (55') CARDIO TONE Barbara	10.30 (55') POSTURAL FLEX Patricia	10.30 (55') G.A.G. Barbara	10.30 (55') FULL BODY Teo	10.30 (50') TONE & STRETCH Tiziana	10.45 (25') SUPER BOOTY	11.15 (25') SUPER BOOTY
12.30 (25') SIX PACK Barbara	12.30 (25') G.G. Patricia	12.30 (25') TONE UP Barbara	12.30 (25') CIRCUIT TRAINING Teo	12.30 (25') PILATEXPRESS Barbara	11.30 (55') SPECIAL CLASS	12.00 (25') SIX PACK
13.15 (45') SUPER BOOTY Barbara	13.15 (45') FAT BURNER Patricia	13.15 (45') CARDIO TONE Barbara	13.15 (45') EASY AEROBIC Teo	13.15 (45') FULL BODY Barbara		
15.00 (50') CARDIO TONE Barbara	15,30 (55') CARDIO TONE Beppe	15.00 (50') GAG Barbara	15.00 (50') ORIGINAL STEP Teo	16.00 (55') FULL BODY Ingrid		
16.00 (50') PILATES Barbara		16.00 (50') FITBALL CLASS Barbara	16,00 (50') PILATES Teo			
18.00 (50') ORIGINAL STEP Teo	18.00 (50') PUMP & SHAPE Ingrid	18.00 (50') G.A.G Tiziana	18.00 (50') RITMOS Patricia	17.15 (25') HIIT Ingrid		
19.00 (50') FULL BODY Teo				18.00 (25') SIX PACK Ingrid		
	19.00 (50') FAT BURNER Ingrid	19.00 (50') FULL BODY Tiziana	19.00 (50') CARDIO TONE Patricia		PERSONAL CLASS ON LINE prenotazione obbligatoria entro la sera precedente al corso SCRIVENDO A: zoom@treforclub.it Scarica zoom gratuitamente sul tuo pc, tablet o cellulare	
20.00 (55') PILATES Teo	20.00 (55') FUNCTIONAL TRAINING Carmen	20.00 (55') CARDIO TONE Tiziana	20.00 (55') FIT CROSS Carmen	18.45 (75') YOGA Carola		