

# PLANNING CORSI

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 (50') PILATES Fabio	<b>FITNESS!</b>			9.30 (50') COREO 4 FUN Tiziana		
10.00 (50') CARDIO TONE Barbara	9.30 (50') FULL BODY Patricia	9.00 (75') YOGA Ilaria	9.00 (50') PILATES Barbara		10.00 (25') TONE UP	 <b>POSTURAL TRAINING</b> 10.00 (55') <b>PILATES</b>
11.00 (50') FITBALL CLASS Barbara	10.30 (50') POSTURAL FLEX Patricia	10.30 (55') GAG Barbara	10.00 (50') TOTAL BODY Teo	10.30 (50') TONE & STRETCH Tiziana	10.45 (25') SUPER BOOTY	
<b>treforclub</b>					11.30 (55') SPECIAL CLASS	11.15 (25') SUPER BOOTY
12.30 (25') SIX PACK Barbara	12.30 (25') SUPER BOOTY Patricia	12.30 (25') TONE UP Barbara	12.30 (25') ORIGINAL TONE Teo	12.30 (25') PILATEXPRESS Barbara		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') CIRCUIT TRAINING Teo	13.15 (45') FULL BODY Barbara	<p><b>Prenota la tua lezione in SALA CORSI con la nuova app My Appy, scaricala subito, pratica, facile e veloce! (attiva in reception la tua Username e Password)</b></p> 	
15.00 (50') CARDIO TONE Barbara	15.30 (50') CIRCUIT TRAINING Carmen	15.00 (50') GAG Barbara	15.30 (50') PILATES Teo	16.00 (50') FULL BODY Ingrid		
16.00 (50') PILATES Barbara		16.00 (50') FITBALL CLASS Barbara				
18.00 (50') ORIGINAL STEP Teo	18.00 (50') PUMP & SHAPE Ingrid	18.00 (50') FULL BODY Tiziana/Cecilia	18.00 (50') RITMOS Patricia	17.15 (25') HIIT Ingrid		
19.00 (50') FULL BODY Teo	19.00 (50') FAT BURNER Ingrid	19.00 (50') G.A.G. Tiziana/Cecilia	19.00 (50') CARDIO TONE Patricia	18.00 (25') SIX PACK Ingrid		
20.00 (55') PILATES Teo	20.00 (55') FUNCTIONAL TRAINING Carmen	20.00 (55') CARDIO TONE Tiziana/Cecilia	20.00 (55') FIT CROSS Carmen	18.45 (75') YOGA Carola		

**DAL 2 NOVEMBRE 2021**

# SPECIAL CLASS



LUNEDI	1	TIZIANA	POSTURAL FLEX
SABATO	6	TEO	ORIGINAL STEP
DOMENICA	7	PATRICIA	POSTURAL TRAINING
SABATO	13	CECILIA	CARDIO TONE
DOMENICA	14	TIZIANA	POSTURAL FLEX
SABATO	20	TEO	FAT KILLER
DOMENICA	21	CECILIA	PILATES
SABATO	27	INGRID	CIRCUIT TRAINING
DOMENICA	28	CECILIA	POSTURAL TRAINING

NOVEMBRE 2021