

PLANNING CORSI BLUE LINE DAL 01 OTTOBRE 2018

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
8:30 METODO POWER 9:30 YOGA		8:30 METODO POWER 9:30 YOGA				
9:00 TONE 10:00	9:00 GINN. POSTURALE 10:00	9:00 TONE 10:00	9:00 GINN. POSTURALE 10:00	9:00 STEP TONO 10:00		
9:30 TRC 10:30	9:00 METODO PILATES 10:00 POSTURALE	9:30 METODO POWER 10:30 YOGA	9:00 METODO PILATES 10:00 POSTURALE	9:30 TRC 10:30		
10:30 GAG 11:30	9:00 SPIN UP 10:00	9:30 TRC WALK 10:30	9:00 SPIN UP 10:00	10:00 METODO ZUMBA 11:00		
10:00 METODO ZUMBA 11:00	10:00 METODO PILATES 11:00 INTERMEDIO	10:00 METODO ZUMBA 11:00	10:00 METODO PILATES 11:00 INTERMEDIO	10:30 GAG 11:30	10:30 WALKING 11:30	
	10:15 FUSION FITNESS 11:15	13:00 STRENGHT FIT 14:00	10:15 FUSION FITNESS 11:15			
	10:30 METODO HATHA 12:00 YOGA	13:15 TOTAL BODY 14:15			13:15 PUMP 14:15	
13:00 STRENGHT FIT 14:00	13:00 SPIN TONE 14:00		13:00 SPIN TONE 14:00	13:00 STRENGHT FIT 14:00	14:30 TANGO ARGENTINO 18:00	
	13:00 STRENGHT MOB 14:00		13:00 STRENGHT MOB 14:00			
13:15 TOTAL BODY 14:15	13:00 CROSS TRAINING 14:00		13:00 CROSS TRAINING 14:00	13:15 TOTAL BODY 14:15		
14:30 GAG 15:30	14:30 GAG 15:30	16:00 METODO HATHA 17:30 YOGA	14:30 GAG 15:30	14:30 GAG 15:30		
17:30 METODO STRETCH 18:30 PILATES	18:00 DIW 19:00	17:30 METODO STRETCH 18:30 PILATES	18:00 DIW 19:00	17:30 METODO STRETCH 18:30 PILATES		
17:30 CROSS TRAINING 18:30	18:00 FIT BOXE 19:00	17:30 CROSS TRAINING 18:30	18:00 FIT BOXE 19:00	17:30 CROSS TRAINING 18:30		
18:00 METODO PILATES 19:00 MIOFASCIALE	18:30 METODO POWER 19:30 YOGA	18:00 METODO PILATES 19:00	18:30 METODO POWER 19:30 YOGA	18:00 METODO PILATES 19:00	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">CARDIO</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">FORZA E TONO</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">POSTURALE</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">OLISTICO</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;">A PRENOTAZIONE</div>	
18:30 PUMP 19:30	18:20 INDOOR CYCLING 19:20	18:30 PUMP 19:30	18:30 INDOOR CYCLING 19:30	18:30 PUMP 19:30		
18:30 JAZZERCISE 19:30	19:00 METODO ZUMBA 20:00	18:30 JAZZERCISE 19:30	19:00 METODO ZUMBA 20:00	18:30 JAZZERCISE 19:30		
18:30 INDOOR CYCLING 19:30	19:00 FIT MOVING 20:00	18:30 INDOOR CYCLING 19:30	19:00 FIT MOVING 20:00	18:30 INDOOR CYCLING 19:30		
19:00 METODO PILATES 20:00		19:00 METODO PILATES 20:00	19:30 INDOOR CYCLING 20:30	19:00 METODO PILATES 20:00		
19:30 VITAL INSANITY 20:30		19:30 METODO ZUMBA 20:30	20:30 TANGO ARGENTINO 21:30	19:30 METODO ZUMBA 20:30		
19:30 INDOOR CYCLING 20:30	20:30 LOTTA METODO 21:30 KRAW MAGA	19:30 INDOOR CYCLING 20:30	20:30 LOTTA METODO 21:30 KRAW MAGA	19:30 INDOOR CYCLING 20:30		
19:30 METODO ZUMBA 20:30		20:30 TANGO ARGENTINO 21:30				
20:30 METODO HATHA 22:00 YOGA						

