

# 2° PLANNING CORSI - Stagione 2021/2022

dal 13 Settembre 2021



COMO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 - 9.45 <b>TOTAL BODY</b> ANNA F.	8.10 - 8.30 <b>FIT POINT</b> ADDOMINALI	9.00 - 9.45 <b>G.A.G.</b> ANNA F. 9.50 - 10.35	9.00 - 9.45 <b>FUNKTIONAL TRAINING</b> VIP	9.30 - 10.15 <b>ZUMBA</b> FITNESS MORENA F.	10.30 - 12.00 A ROTAZIONE IN BASE AL CALENDARIO	9.40 - 10.00 <b>FIT POINT</b> GAMBE E GLUTEI
9.50 - 10.35 <b>Olit</b> ANNA F.	9.00 - 9.45 <b>PILATES</b> SIMONA M.	9.50 - 10.35 <b>POSTURAL FIT</b> ANNA F.	10.00 - 10.20 <b>FIT POINT</b> ADDOMINALI	10.20 - 11.05 <b>TOTAL TONE</b> MORENA F.	10.30 - 11.00 <b>POSTURAL FIT</b> <b>PUMP</b> <b>PILATES</b> <b>ZUMBA</b> FITNESS	10.40 - 11.00 <b>FIT POINT</b> BRACCIA-SPALLE-PETTO
10.30 - 11.15 <b>FUNKTIONAL TRAINING</b> VIP	9.50 - 10.50 <b>PUMP</b> SIMONA M.	11.00 - 11.45 <b>FUNKTIONAL TRAINING</b> VIP	10.30 - 11.30 <b>YOGA</b> GIOVANNA M. 12.20 - 12.40 <b>FIT POINT</b> BRACCIA-SPALLE-PETTO 13.00 - 14.00 <b>POSTURAL FIT</b> ANNA F. 13.00 - 14.00 <b>SPINNING</b> MATTEO V. VIP	12.45 - 13.30 <b>FUNKTIONAL TRAINING</b> VIP	12.15 - 12.45 <b>TABATA CIRCUIT</b>	11.30 - 12.15 <b>FUNKTIONAL TRAINING</b> VIP
12.45 - 13.30 <b>FUNKTIONAL TRAINING</b> VIP	13.00 - 14.00 <b>VINYASA YOGA</b> MARIKA R.	13.00 - 14.00 <b>ZUMBA</b> FITNESS MORENA F.	13.00 - 13.45 <b>FUNKTIONAL TRAINING</b> VIP	13.00 - 14.00 <b>PILATES</b> CHIARA S.	12.30 - 13.30 <b>SPINNING</b> A ROTAZIONE VIP	13.00 - 13.45 <b>FUNKTIONAL TRAINING</b> VIP
13.00 - 14.00 <b>TOTAL TONE</b> MORENA F. 13.00 - 14.00 <b>SPINNING</b> MATTEO V. VIP	15.00 - 16.00 <b>YOGA FLEX FITNESS</b> MARIKA R. 17.00 - 17.30 <b>CIRCUIT FIT TRAINING</b>	16.00 - 16.20 <b>FIT POINT</b> BRACCIA-SPALLE-PETTO	15.00 - 16.00 <b>TOTAL TONE</b> ANNA F.	15.00 - 15.30 <b>TABATA CIRCUIT</b>	16.30 - 16.50 <b>FIT POINT</b> BRACCIA-SPALLE-PETTO	17.30 - 18.30 <b>ZUMBA</b> FITNESS MORENA F. 18.45 - 19.30 <b>FUNKTIONAL TRAINING</b> VIP
17.30 - 18.30 <b>ZUMBA</b> FITNESS MORENA F. 18.45 - 19.30 <b>FUNKTIONAL TRAINING</b> VIP	17.45 - 18.30 <b>G.A.G.</b> ANNA F.	17.45 - 18.30 <b>YOGA FLEX FITNESS</b> SIMONA M. 18.35 - 19.20	18.00 - 18.45 <b>CARDIO TONE</b> SIMONA M. 18.50 - 19.20 <b>G.A.G.</b> SIMONA M. 19.00 - 19.45 <b>FUNKTIONAL TRAINING</b> VIP	18.30 - 19.15 <b>FUNKTIONAL TRAINING</b> VIP	18.00 - 18.20 <b>FIT POINT</b> ADDOMINALI	18.00 - 18.30 <b>CIRCUIT FIT TRAINING</b>
18.40 - 19.40 <b>PUMP</b> STEFANIA M.	18.35 - 19.20 <b>STEP TONE</b> ANNA F.	19.25 - 20.25 <b>PILATES</b> SIMONA M.	18.50 - 19.20 <b>G.A.G.</b> SIMONA M. 19.00 - 19.45 <b>FUNKTIONAL TRAINING</b> VIP	18.00 - 19.00 <b>PUMP</b> DANIELE L. 19.05 - 19.50 <b>ZUMBA</b> FITNESS DANIELE L. 20.00 - 21.00 <b>KICK BOXING</b> LUCIANO C. 19.00 - 20.00 <b>SPINNING</b> LORETTA N. VIP	18.00 - 18.20 <b>FIT POINT</b> ADDOMINALI	18.00 - 18.30 <b>CIRCUIT FIT TRAINING</b>
19.45 - 20.30 <b>FUNKTIONAL TRAINING</b> VIP	19.30 - 20.30 <b>KICK BOXING</b> LUCIANO C.	19.15 - 20.00 <b>PUMP</b> SIMONA M. 19.15 - 20.00 <b>FUNKTIONAL TRAINING</b> VIP	19.30 - 20.30 <b>FUNKTIONAL TRAINING</b> VIP	19.05 - 19.50 <b>ZUMBA</b> FITNESS DANIELE L. 20.00 - 21.00 <b>KICK BOXING</b> LUCIANO C. 19.00 - 20.00 <b>SPINNING</b> LORETTA N. VIP	18.00 - 18.20 <b>FIT POINT</b> ADDOMINALI	18.00 - 18.30 <b>CIRCUIT FIT TRAINING</b>
19.45 - 20.15 <b>FAT KILLER</b> STEFANIA M.	20.00 - 20.45 <b>FUNKTIONAL TRAINING</b> VIP	19.30 - 20.30 <b>SPINNING</b> ENZO I. VIP	19.30 - 20.30 <b>FUNKTIONAL TRAINING</b> VIP	19.25 - 20.10 <b>YOGA FLEX FITNESS</b> SIMONA M.	18.00 - 18.20 <b>FIT POINT</b> ADDOMINALI	18.00 - 18.30 <b>CIRCUIT FIT TRAINING</b>
19.30 - 20.30 <b>SPINNING</b> WALTER L. VIP	19.30 - 20.30 <b>FUNKTIONAL TRAINING</b> VIP	20.15 - 21.00 <b>FUNKTIONAL TRAINING</b> VIP	19.25 - 20.10 <b>YOGA FLEX FITNESS</b> SIMONA M.	19.25 - 20.10 <b>YOGA FLEX FITNESS</b> SIMONA M.	18.00 - 18.20 <b>FIT POINT</b> ADDOMINALI	18.00 - 18.30 <b>CIRCUIT FIT TRAINING</b>

...per il tuo BENESSERE fisico

RISPETTA sempre

l'orario di inizio e di fine lezione!



in PALESTRA  
indossa sempre  
scarpe PULITE e  
adatte all'attività  
aerobica