



Centro Fitness: il planning dei corsi #OUTDOOR

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
					09:30 - 10:30 PAULINA HATHA YOGA ONLINE
10:15 - 11:15 ANDREA GINN.DOLCE		10:00 - 11:00 PAULINA HATHA YOGA ONLINE	10:00 - 11:00 PAULINA HATHA YOGA ONLINE	10:15 - 11:15 LUCIA GINN.DOLCE	10:30 - 11:30 EKATERINA RUS.TRAINING ONLINE
11:15 - 12:15 STEFANO CAM.SPORTIVA	11:00 - 12:00 LUCIA CORPO LIBERO		11:15 - 12:15 STEFANO POST.STRETCH	11:15 - 12:15 STEFANO CAM.SPORTIVA	11:30 - 12:00 EKATERINA STRETCHING ONLINE
13:30 - 14:30 STEFANO TOTAL BODY	13:30 - 14:30 LUCIA NORDIC WALK.	13:30 - 14:30 LUCIA ASSI CYCLING P	13:30 - 14:30 LUCIA ASSI CYCLING P	13:30 - 14:30 STEFANO CIRC.TRAINING	12:45 - 13:45 LUCIA ASSI CYCLING P
	14:30 - 15:20 ELSA PILATES ONLINE	13:30 - 14:30 ELENA PILATES ONLINE	14:30 - 15:20 ELSA PILATES ONLINE		11:30 - 12:30 LUCIA CSO.DI CORSA
15:30 - 16:20 LUCIA TOTAL BODY		15:30 - 16:20 LUCIA TOTAL BODY	15:30 - 16:20 STEFANO FIT & WALK	15:30 - 16:20 LUCIA TOTAL BODY	14:10 - 15:00 ELSA POST. PILATES ONLINE
18:00 - 19:00 ANDREA GYM & FIELD	18:00 - 19:00 PAULINA ADV. YOGA ONLINE	18:30 - 19:30 LUCIA CSO. DI CORSA	18:00 - 19:00 PAULINA ADV. YOGA ONLINE	17:15 - 18:15 LUCIA OUTFIT	18:00 - 19:00 PAULINA ADV. YOGA ONLINE
19:00 - 20:00 ANDREA GYM & FIELD	19:00 - 20:00 STEFANO POST.CARDIO	19:00 - 20:00 ANDREA GYM & FIELD	19:00 - 20:00 FIORENZO FUN.TRAINING ONLINE	19:00 - 20:00 ANDREA GYM & FIELD	
20:00 - 21:00 ANDREA DEC.TRAINING		20:00 - 21:00 STEFANO DEC.TRAINING			

CORSI OUTDOOR

CORSI ONLINE

CORSI CON ABB.TO SPECIFICO

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CORSI A PRENOTAZIONE

I CORSI CON FREQUENZA INFERIORE
 A 6 PARTECIPANTI POTRANNO ESSERE SOSPESI