

CENTRO FITNESS - PALINSESTO CORSI #OUTDOOR

| LUNEDI | | MARTEDI | | MERCOLEDI | | GIOVEDI | | VENERDI | | SABATO | |
|--|---|--|--|---|---|---|--|---|---------------------------------------|--|---|
| | | | 10:00 - 11:00 PAULINA HATHA YOGA | | | | 10:00 - 11:00 PAULINA HATHA YOGA | | | | 09:30 - 10:30 PAULINA HATHA YOGA |
| 10:15 - 11:15 ANDREA GINN.DOLCE | | | | 10:15 - 11:15 ANDREA GINN.DOLCE | | | | 10:15 - 11:15 LUCIA GINN.DOLCE | | 10:30 - 11:30 EKATERINA RUST.RAINING | 11:00 - 12:00 ROTAZIONE ASSI CYCLING P |
| 11:00 - 12:00 STEFANO CAM.SPORTIVA | | 11:00 - 12:00 LUCIA CORPO LIBERO | | 11:00 - 12:00 STEFANO POST. STRETCH | 11:00 - 12:00 LUCIA CORPO LIBERO | | | 11:00 - 12:00 STEFANO CAM. SPORTIVA | | 11:30 - 12:00 EKATERINA STRETCHING | 11:30 - 12:30 LUCIA C.SO DI CORSA |
| 13:30 - 14:30 STEFANO TOTAL BODY | 13:30 - 14:30 DIMITRI ASSI CYCLING P | 13:30 - 14:30 ELENA ADV. PILATES | 13:30 - 14:30 LUCIA ASSI CYCLING P | 13:30 - 14:30 STEFANO TOTAL BODY | 13:30 - 14:30 DIMITRI ASSI CYCLING P | 13:30 - 14:30 ELENA ADV. PILATES | 13:30 - 14:30 LUCIA ASSI CYCLING P | 13:30 - 14:30 STEFANO CIRC.TRAINING | | | 11:30 - 12:30 ELENA ADV. PILATES |
| | 14:30 - 15:20 ELSA PILATES | | | 14:30 - 15:20 ELSA PILATES | | | | 14:10 - 15:00 ELSA POST. PILATES | | | 12:30 - 13:30 LUCIA ASSI CYCLING P |
| 15:30 - 16:20 LUCIA TOTAL BODY | | | | 15:30 - 16:20 LUCIA TOTAL BODY | | 15:30 - 14:30 STEFANO FIT & WALK | | 15:30 - 16:20 LUCIA TOTAL BODY | | DOMENICA | |
| 18:00 - 19:00 ANDREA GYM & FIELD | 18:00 - 19:00 PAULINA ADV. YOGA | 17:15 - 18:15 LUCIA&MONICA OUTFIT | 18:30 - 19:30 LUCIA C.SO DI CORSA | 18:00 - 19:00 ANDREA GYM & FIELD | 18:00 - 19:00 PAULINA ADV. YOGA | 17:15 - 18:15 LUCIA&MONICA OUTFIT | 18:30 - 19:30 STEFANO C.SO DI CORSA | 17:15 - 18:15 LUCIA OUTFIT | 18:00 - 19:00 PAULINA ADV. YOGA | | 11:00 - 12:00 ROTAZIONE ASSI CYCLING P |
| 19:00 - 20:00 ANDREA GYM & FIELD | | 19:00 - 20:00 STEFANO POST. CARDIO | 19:00 - 20:00 ENRICO ASSI CYCLING P | 19:00 - 20:00 ANDREA GYM & FIELD | | 19:00 - 20:00 FIORENZO FUNCTRAINING | 19:00 - 20:00 ENRICO ASSI CYCLING P | 19:00 - 20:00 ANDREA GYM & FIELD | | | |
| 20:00 - 21:00 ANDREA DEC.TRAINING | | | | 20:00 - 21:00 ANDREA DEC.TRAINING | | | | | | | |

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|  | CORSI OUTDOOR |  | CORSO A BASSA INTENSITA' 150-300 KCAL DISPENDIO ENERGETICO |  | CORSO AD ALTA INTENSITA' 300 - 500 KCAL DISPENDIO ENERGETICO |
|  | CORSI ONLINE |  | CORSO A MEDIA INTENSITA' 250-400 KCAL DISPENDIO ENERGETICO |  | CORSO A M.ALTA INTENSITA' 400 - 800 KCAL DISPENDIO ENERGETICO |
|  | CORSI CON ABB.TO SPECIFICO | | | | |
|  | CORSI A PRENOTAZIONE | | | | |