



ORARIO DAL 01/03/2020



LUNEDI		MARTEDI		MERCOLEDI	
09:30 - 10:20	SILVANA CORPO LIBERO	09:30 - 10:00	GIOVANNI MINICORSO GIROVITALE	09:30 - 10:20	SILVANA CORPO LIBERO
13:10 - 14:00	FRANCESCA ZUMBA	10:00 - 10:50	FRANCESCA ZUMBA	13:10 - 14:00	IVAN TOTALBODY
13:10 - 14:00	IVAN TOTALBODY	13:10 - 14:00	FRANCESCA STRONG by Zumba	13:10 - 14:00	FRANCESCA PILATES
14:10 - 14:40	FRANCESCA BODY DEFINITION 30'	16:30 - 17:20	FRANCESCA ZUMBA KIDS	13:30 - 14:20	PAOLO SPINNING
13:30 - 14:20	PAOLO SPINNING	18:00 - 18:50	FRANCESCA ZUMBA	16:00 - 17:00	ROBERTA BABY DANCE 3/5 anni
16:00 - 16:50	FRANCESCA BODY DEFINITION FULL	18:00 - 18:50	OSCAR WALKING	17:00 - 17:50	FRANCESCA BODY DEFINITION FULL
16:00 - 17:00	ROBERTA BABY DANCE 3/5 anni	18:00 - 18:50	FRANCESCA SPINNING	18:00 - 18:50	FRANCESCA STRONG by Zumba
17:00 - 18:00	ROBERTA BABY DANCE 6/12 anni	19:00 - 19:50	CHICCA FITBALL	18:00 - 19:00	OSCAR PUMP
18:00 - 19:00	OSCAR PUMP	19:00 - 19:50	FRANCESCA SPINNING	19:00 - 19:50	CHICCA TONIFICAZIONE
18:00 - 19:00	FRANCESCA PILATES	19:00 - 19:50	OSCAR FUNCTIONAL TRAINING	19:00 - 19:50	MARCO SPINNING
19:00 - 19:50	CHICCA TONIFICAZIONE	20:00 - 20:50	OSCAR POSTURAL TRAINING	20:00 - 21:00	MARY HATA YOGA
19:00 - 19:50	MARCO SPINNING			20:00 - 21:50	ROBERTA CARAIBICO (corso avanzato)
19:00 - 19:50	OSCAR TRX				
20:00 - 21:00	MARY HATA YOGA				
20:00 - 21:50	ROBERTA CARAIBICO (corso avanzato)				
GIOVEDI		VENERDI		SABATO	
09:30 - 10:00	GIOVANNI MINICORSO GIROVITALE	09:30 - 10:20	SILVANA CORPO LIBERO	10:00 - 10:50	OSCAR FUNCTIONAL TRAINING
09:30 - 10:20	SILVANA SPINNING	11:00 - 11:50	FRANCESCA PILATES	11:00 - 11:50	CIPO SPINNING
13:10 - 14:00	FRANCESCA ZUMBA	13:10 - 14:00	DAVIDE FIT&BOXE	11:00 - 11:50	FRANCESCA ZUMBA
14:10 - 14:40	FRANCESCA BODY DEFINITION 30'	13:10 - 14:00	IVAN TOTALBODY		
17:00 - 18:00	ROBERTA BABY DANCE 6/12 anni	13:30 - 14:20	PAOLO SPINNING		
18:00 - 18:50	FRANCESCA SPINNING	16:30 - 17:20	FRANCESCA ZUMBA KIDS		
18:00 - 18:50	OSCAR TRX	17:30 - 18:20	FRANCESCA STRONG by ZUMBA		
19:00 - 19:50	CHICCA FITBALL	18:00 - 18:50	OSCAR SPINNING		
19:00 - 19:50	OSCAR FUNCTIONAL TRAINING	18:30 - 19:20	FRANCESCA ZUMBA		
20:00 - 20:50	OSCAR WALKING	19:00 - 19:50	OSCAR PUMP		
				DOMENICA	
				11:00 - 11:50	CIPO SPINNING