

PLANNING CORSI DICEMBRE

	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
MATTINA		9.00 (60') PILATES BASE Francesca		9.30 (45') ZUMBA Irina	9.30 (45') ★ SM GROUP VITALITY Fabio	9.30 (60') YOGA POSTURALE Diego		9.30 (60') YOGA Diego		9.30 (60') ZUMBA Irina		
	10.00 (45') ★ SM GROUP GRAVITY P. Fabio	10.00 (60') PILATES AVANZATO Francesca		10.15 (45') CIRCUIT TRAINING Irina	10.30 (45') SM GROUP GRAVITY P. Nicholas	10.30 (60') G.A.G. Fabio		10.30 (60') TOTAL BODY Stefania	10.30 (45') ★ SM GROUP VITALITY Irina	10.30 (30') 30 SPRINT		11.00 (60') CORSI A ROTAZIONE
		12.45 (45') TABATA TRAINING Irina		12.45 (60') PILATES Irina		12.45 (45') TOTAL BODY Fabio		12.45 (45') BODY PUMP Irina	12.00 (45') ★ SM GROUP GRAVITY P. Irina	12.45 (45') FAT KILLER Irina		
POMERIGGIO		16.30 (45') STRETCH & TONE Irina						16.30 (45') FLEX & TONE Irina				
	17.00 (60') VOVINAM 6-13 Stefano	17.15 (45') ★ SM GROUP GRAVITY P. Irina		17.30 (30') 30 SPRINT						17.00 (60') VOVINAM 6-13 Stefano		
	17.15 (45') ★ SM GROUP VITALITY Fabio						17.30 (45') ★ SM GROUP GRAVITY P. Irina					
SERA	18.00 (60') KICK BOXING Fabio UNDER	18.15 (45') ZUMBA Irina		18.30 (45') POSTURAL TRAINING Riccardo C	18.00 (45') ★ SM GROUP GRAVITY P. Fabio	18.00 (30') 30 SPRINT		18.30 (60') YOGA Diego	18.30 (45') SIX PACK Irina		18.00 (60') STRETCH & TONE Stefania	
	18.30 (45') ★ SM GROUP GRAVITY P. Nicholas	19.15 (45') TOTAL BODY Fabio	19.30 (90') ★ VOVINAM Stefano	19.15 (60') G.A.G. Stefania	18.45 (60') CALIS THENICS Fabio UNDER	18.45 (45') TABATA FIT Giorgio		19.15 (45') PILATES Irina	19.00 (60') CROSS TRAINING Giorgio	19.00 (60') SUPER JUMP Monica		
		20.00 (60') YOGA Diego		20.15 (45') POSTURAL TRAINING Riccardo C	19.00 (45') ★ SM GROUP GRAVITY P. Fabrizio	19.30 (60') H.I.I.T. Giorgio		20.00 (45') STRETCHING Irina	19.30 (45') ★ SM GROUP GRAVITY P. Fabrizio			

legenda:
 **POSTURAL**
 **CARDIO&FUN**
 **CONDITIONING**
 **SMALL GROUP** ★ attività extra
 ★ **ATTIVITÀ EXTRA**

ORARI PALESTRA:
 LUN-GIO 6.30 - 21.30
 MART-MERC-VEN 9.00 - 21.30
 SAB-DOM 10.00 - 18.00



VIA CUSAGO 1, CISLIANO (MI) - 3349700961 ☎

*Corsi e Istruttori potranno variare nel corso dell'anno