

**PROGRAMMA CORSI SALA dal 18 settembre 2017**  
**OLISTICI CARDIO TONIFICANTI**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
<b>RISVEGLIO MUSCOLARE</b> 9-9:45 Katarina			<b>RISVEGLIO MUSCOLARE</b> 9-9:45 Katarina		
<b>TOTAL BODY</b> 10-11 Katarina	<b>POWER PUMP</b> 10-11 Enzo	<b>BACK SCHOOL</b> 10-10:45 Diana	<b>GAG</b> 10-10:45 Katarina	<b>BACK SCHOOL</b> 10-10:45 Katarina	<b>POWER PUMP</b> 10:15-11:15 Enzo
<b>BACK SCHOOL</b> 11-11.45 Diana	<b>HOT YOGA</b> 11:15-12:15 zona saune Enzo	<b>POWER LATINO</b> 11-12 Josè	<b>STRETCHING GLOBALE</b> 11-11:45 Diana	<b>POWER LATINO</b> 11-12 Josè <b>HOT YOGA</b> 11:15-12:15 zona saune Enzo	<b>YOGA FIT</b> 11:15-12 Enzo
<b>GROUP CYCLING</b> 13:15-14.15 Daria		<b>GROUP CYCLING</b> 13:15-14:15 Daniele		<b>GROUP CYCLING</b> 13:15-14:15 Daniele	
<b>STRETCHING GLOBALE</b> 17:15-18 Diana	<b>YOGA FIT</b> 17:15-18 Enzo	<b>POSTURAL PILATES</b> 17-18 Luisa	<b>BODY MIND</b> 17:15-18 Diana	<b>POSTURAL PILATES</b> 17-18 Luisa	
<b>TOTAL BODY</b> 18-19 Katarina	<b>FREE UP</b> 18-18:45 Ileana <b>HOT YOGA</b> 18:30-19:30 zona saune Enzo	<b>CARDIO TOTAL BODY</b> 18-19 Luisa	<b>POWER PUMP</b> 18-19 Enzo	<b>ONE KOR</b> 18-19 Luisa	
<b>ALLENAMENTO FUNZIONALE</b> 19-20 Giorgio	<b>CROSS TRAINING</b> 19-19:45 Stefano	<b>GROUP CYCLING</b> 19-20 Daniele	<b>FIT BOXE</b> 19-19:45 Ileana <b>HOT YOGA</b> 19:15-20:15 zona saune Enzo	<b>GROUP CYCLING</b> 19-20 Daniele	