



LUNEDÌ

TONIFICAZIONE GREENCOURT
LAURA
08.45-09.45

YOGA SALA B
PRISCILLA
09.30-10.30

TONIFICAZIONE GREENCOURT
DANIELA
10.00-11.00

FUNCTIONAL PILATES GREENCOURT
DANIELA
12.30-13.30

RICCARDO WORKOUT GREENCOURT
13.30-14.30

PILATES GREENCOURT
LAURA AGNELLI
17.15-18.15

BODY SCULPT MATTHIAS GREENCOURT
18.30-19.30

MARTEDÌ

GOOD MORNING SALA B
EMY
08.00-09.00

FUNZIONALE GREENCOURT
DANIELE
09.00-10.00

PILATES SALA B
DANIELA
10.00-11.00

POSTURAL PILATES GREENCOURT
FEDERICA
17.00-18.00

TOTAL BODY PUMP GREENCOURT
FEDERICA
18.00-19.00

MILITARY GAG GREENCOURT
LAURA E STEFANO
19.00-20.00

JIVAMUKTY YOGA SALA B
VALENTINA
19.00-20.00

MERCOLEDÌ

PILATES SALA B
EMY
08.30-09.30

TONIFICAZIONE GREENCOURT
LAURA
08.45-09.45

TONIFICAZIONE GREENCOURT
DANIELA
10.00-11.00

FUNCTIONAL PILATES GREENCOURT
DANIELA
12.30-13.30

YOGA SALA B
PRISCILLA
13.30-14.30

SIMONE WORKOUT GREENCOURT
13.30-14.30

PILATES GREENCOURT
LAURA AGNELLI
17.15-18.15

BODY SCULPT MIMMO GREENCOURT
18.30-19.30

GIOVEDÌ

GOOD MORNING SALA B
EMY
08.00-09.00

FUNZIONALE GREENCOURT
DANIELE
09.00-10.00

PILATES SALA B
DANIELA
10.00-11.00

FUNZIONALE GREENCOURT
DANIELE
13.30-14.30

POSTURAL PILATES GREENCOURT
FEDERICA
17.00-18.00

TOTAL BODY PUMP GREENCOURT
FEDERICA
18.00-19.00

MILITARY GAG GREENCOURT
LAURA E STEFANO
19.00-20.00

JIVAMUKTY YOGA SALA B
VALENTINA
19.00-20.00

VENERDÌ

TONIFICAZIONE GREENCOURT
LAURA
08.45-09.45

YOGA SALA B
PRISCILLA
09.30-10.30

TONIFICAZIONE GREENCOURT
DANIELA
10.00-11.00

FUNCTIONAL PILATES GREENCOURT
DANIELA
12.30-13.30

RICCARDO WORKOUT GREENCOURT
13.30-14.30

PILATES GREENCOURT
LAURA AGNELLI
17.15-18.15

BODY SCULPT MIMMO GREENCOURT
18.30-19.30

SABATO

PRE BOXE YURI & ANTONELLO GREENCOURT
12.00-13.00

BOXE YURI & ANTONELLO GREENCOURT
13.00-14.00

DOMENICA

PILATES GREENCOURT
LAURA AGNELLI
11.00-12.00

DIFFICULTY:

Soft

Medium

Hard

INFO E PRENOTAZIONI: info@orangefitnessclub.it - +39 392 4835957