



## LUNEDÌ

**TONIFICAZIONE GREENCOURT**  
LAURA  
08.45-09.45

**YOGA ONLINE**  
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

**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

## 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

**SIMONE WORKOUT GREENCOURT**  
13.30-14.30

**YOGA ONLINE**  
PRISCILLA  
14.00-15.00

**PILATES GREENCOURT**  
LAURA AGNELLI  
17.15-18.15

**BODY SCULPT MIMMO GREENCOURT**  
18.30-19.30

**FACE YOGA SALA B**  
MARILIA  
19.15-20.15

## 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 ONLINE**  
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

**FACE YOGA SALA B**  
MARILIA  
11.00-12.00

**PRE BOXE**  
ANTONELLO GREENCOURT  
12.00-13.00

**BOXE**  
ANTONELLO GREENCOURT  
13.00-14.00

## DOMENICA

**PILATES GREENCOURT**  
LAURA AGNELLI  
11.00-12.00

