



LUNEDÌ

STRONG TONE
GREENCOURT
LAURA
08.45-09.45

YOGA
SALA B
PRISCILLA
09.15-10.15

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
17.30-18.30

BODY SCULPT
MAURIZIO
GREENCOURT
19.00-20.00

FACE YOGA
SALA B
MARILIA
19.30-20.30

MARTEDÌ

GOOD MORNING
SALA B
EMY
08.00-09.00

FUNZIONALE
GREENCOURT
DANIELE
09.00-10.00

POSTURALE
SALA B
SILVIA
09.00-10.00

PILATES
SALA B
DANIELA
10.00-11.00

YOGA ATLETI
SALA B
PRISCILLA
12.30-13.30

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

STRONG TONE
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
17.30-18.30

BODY SCULPT
MIMMO
GREENCOURT
18.30-19.30

DIFESA PERSONALE
LUCA & FABRIZIO
19.30-21.00

GIOVEDÌ

GOOD MORNING
SALA B
EMY
08.00-09.00

FUNZIONALE
GREENCOURT
DANIELE
09.00-10.00

POSTURALE
SALA B
SILVIA
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

STRONG TONE
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

RICCARDO
WORKOUT
GREENCOURT
13.30-14.30

PILATES
GREENCOURT
LAURA AGNELLI
17.30-18.30

BODY SCULPT
MIMMO
GREENCOURT
18.30-19.30

FACE YOGA
SALA B
MARILIA
18.30-19.30

SABATO

POWER PILATES
FEDERICA
09.45-10.45

PRE BOXE
ANTONELLO
GREENCOURT
10.30-11.30

BOXE
ANTONELLO
GREENCOURT
11.30-12.30

DOMENICA

SUNDAY
WORKOUT
10.00-11.00

PILATES
GREENCOURT
LAURA AGNELLI
11.00-12.00