



ORARI PALESTRA	ASSISTENZA SALA PESI
LUN - VEN: 7.00 - 23.00 SAB - DOM: 8.00 - 21.00	LUN - VEN: 7.00 - 16.00 / 17.00 - 21.30 SAB/DOM 10.00 - 14.30

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ SABATO DOMENICA

LUNEDÌ			MARTEDÌ			MERCOLEDÌ			GIOVEDÌ			VENERDÌ			SABATO			DOMENICA		
SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT	SALA A	SALA B	GREENCOURT
	<b>GYM MUSIC</b> RICCARDO MENGHI 07.30-08.30																			
<b>POSTURAL PILATES</b> FEDERICA 08.45-09.45	<b>TOTAL BODY</b> RICCARDO MENGHI 8.30-9.30	<b>STRONG TONE</b> LAURA 08.45-09.45	<b>PILATES</b> EMY 08.00-09.00	<b>TONIFICAZIONE</b> PAMELA BONFADA 08.30-09.30	<b>FUNZIONALE</b> DANIELE 09.00-10.00	<b>PILATES</b> VALENTINA A. 08.30-09.30	<b>TOTAL BODY</b> RICCARDO MENGHI 08.30-09.30	<b>STRONG TONE</b> LAURA 08.45-09.45	<b>PILATES</b> EMY 08.00-09.00	<b>TONIFICAZIONE</b> PAMELA BONFADA 08.30-09.30	<b>FUNZIONALE</b> DANIELE 09.00-10.00	<b>DHARMA FLOW</b> PRISCILLA 08.00-09.00	<b>GYM MUSIC</b> RICCARDO MENGHI 07.30-08.30							
<b>TOTAL BODY</b> DANIELA 10.00-11.00			<b>POSTURALE</b> SILVIA 09.00-10.00				<b>G A G</b> DANIELA 10.00-11.00		<b>POSTURALE</b> SILVIA 09.00-10.00		<b>FUNZIONALE</b> DANIELE 09.00-10.00		<b>TOTAL BODY</b> RICCARDO MENGHI 8.30-9.30	<b>STRONG TONE</b> LAURA 08.45-09.45						
<b>BODY SCULPT</b> BARBARA 11.00-12.00	<b>FUNCTIONAL PILATES</b> DANIELA 12.30-13.30		<b>PILATES</b> DANIELA 10.00-11.00			<b>BODY SCULPT</b> BARBARA 11.00-12.00			<b>PILATES</b> DANIELA 10.00-11.00			<b>BODY SCULPT</b> BARBARA 11.00-12.00	<b>POWER PILATES</b> FEDERICA 9.30-10.30							
<b>ROCKET FLOW</b> PRISCILLA 13.00-14.00		<b>SIMONE WORKOUT</b> SIMONE PELLIGRA 12.30-13.30	<b>PILATES</b> LAURA 12.30-13.30	<b>CROSS TRAINING</b> SIMONE PELLIGRA 12.30-13.30	<b>FUNZIONALE</b> DANIELE 13.30-14.30	<b>VINYASA POWER</b> PRISCILLA 13.00-14.00	<b>FUNCTIONAL PILATES</b> DANIELA 12.30-13.30		<b>VINYASA POWER</b> CLOTILDE 12.00-13.00	<b>STRETCHING</b> BARBARA 12.30-13.30	<b>CROSS TRAINING</b> SIMONE PELLIGRA 12.30-13.30	<b>ROCKET YOGA</b> CLOTILDE 13.00-14.00	<b>FUNCTIONAL PILATES</b> DANIELA 12.30-13.30		<b>VINYASA OPEN LEVEL</b> PRISCILLA 10.30-11.30	<b>PRE BOXE</b> ANTONELLO 10.30-11.30		<b>PILATES</b> LAURA 10.30-11.30		
								<b>SIMONE WORKOUT</b> SIMONE PELLIGRA 13.30-14.30			<b>FUNZIONALE</b> DANIELE 13.30-14.30			<b>MICHELE WORKOUT</b> MICHELE 13.30-14.30	<b>STRETCHING</b> BARBARA 12.00-13.00	<b>BOXE</b> ANTONELLO 11.30-12.30				<b>SUNDAY WORKOUT</b> 11.30-12.30
	<b>PILATES</b> LAURA 17.30-18.30		<b>POSTURAL PILATES</b> FEDERICA 17.00-18.00			<b>PILATES</b> LAURA 17.30-18.30			<b>POSTURAL PILATES</b> FEDERICA 17.00-18.00			<b>PILATES</b> FEDERICA/LAURA 17.30-18.30								
<b>TOTAL BODY</b> VALENTINA A. 18.30-19.30	<b>ROCKET YOGA</b> CLOTILDE 18.30-19.30	<b>BODY SCULPT</b> MAURIZIO 19.00-20.00	<b>TOTAL BODY</b> FEDERICA 18.00-19.00	<b>MILITARY GAG</b> LAURA 19.00-20.00		<b>FACE YOGA</b> MARILIA 18.30-19.30	<b>VINYASA POWER</b> CLOTILDE 18.30-19.30	<b>BODY SCULPT</b> MIMMO 18.30-19.30	<b>TOTAL BODY</b> FEDERICA 18.00-19.00	<b>MILITARY GAG</b> LAURA 19.00-20.00		<b>TOTAL BODY</b> VALENTINA A. 18.30-19.30		<b>BODY SCULPT</b> MIMMO 18.30-19.30						
<b>FACE YOGA</b> MARILIA 19.30-20.30	<b>FUNCTIONAL PRE BOXE</b> ANTONELLO 19.30-20.30		<b>FUNCTIONAL PERSONAL DEFENCE</b> LUCA&FABRIZIO 19.30-21.00			<b>FUNCTIONAL PRE BOXE</b> ANTONELLO 19.30-20.30			<b>FUNCTIONAL PERSONAL DEFENCE</b> LUCA&FABRIZIO 19.30-21.00											



DIFFICULTY:

Soft
Medium
Hard

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