



Planning corsi

2021/2022

TRADATE

CORSI	L	Ma	Me	G	V	S	D
ACQUA CIRCUIT	10.00-10.45		19.00-19.45				
ACQUA CORE	19.15-20.00						
ACQUA DEEP TONE		09.00-09.45		19.15-20.00	14.30-15.15		
AERODANCE			18.45-19.30				
ANTALGICA				09.45-10.30			
CORE STABILITY	18.45-19.30				12.45-13.30		
FIT BOXE	12.45-13.30			19.30-20.15			
FLOW STRETCH		10.00-10.45					
GAG				18.30-19.15			
GROUP CYCLING	19.30-20.20		19.30-20.20				10.30-11.45
MET		12.45-13.30			18.15-19.00		
MIO PUMP		18.30-19.15					
MOBILITY					10.15-11.00		
MOVIDA		11.00-11.45			19.15-20.00		
PILATES		19.30-20.15	11.00-11.45		11.15-12.00	11.15-12.00	
POSTURALE			10.00-10.45				
POWER YOGA					20.15-21.00		
SMALL FUNCTIONAL	18.00-18.30		18.00-18.30				
SOFT TONE	10.45-11.30			10.45-11.30			
STEP & TONE			19.45-20.30				
TOTAL BODY	19.45-20.30						
YOGA	09.45-10.30						