



# Planning corsi

2022/2023

TRADATE

CORSI	L	Ma	Me	G	V	S	D
ANTALGICA				10.00-10.45			
AQUA CIRCUIT	09.15-10.00		19.00-19.45				
AQUA CORE			09.15-10.00				
AQUA TONE	19.00-19.45				14.30-15.15		
AERODANCE		19.00-19.45					
BODY TONE	19.30-20.15						
CORE & LEGS	18.45-19.30				12.45-13.30		
FIT BOXE	12.45-13.30				19.15-20.30		
FLOW STRETCH	10.15-11.00		10.15-11.00				
GAG					18.30-19.15		
GROUP CYCLING	19.30-20.20 <small>(dal 12 Settembre)</small>		19.30-20.20 <small>(dal 14 Settembre)</small>				10.30-11.45 <small>(dal 30 Ottobre)</small>
MET			12.45-13.30	18.15-19.00			
MIOPUMP			18.45-19.30				
MOBILITY		10.00-10.45			10.00-10.45		
MOVIDA			11.00-11.45	19.00-19.45			
PILATES			19.30-20.15		10.45-11.30	10.30-11.15	
POSTURALE		10.45-11.30					
POWER YOGA				19.45-20.45			
SMALL FUNCTIONAL	18.15-18.45		18.15-18.45				
SOFT TONE	11.00-11.45						
STEP & TONE		19.45-20.30					
YOGA				10.45-11.30			