



Planning corsi

TRADATE

2023/2024

AQUA

OLISTICO

TONE & FUN

CORSO	L	Ma	Me	G	V	S	D
AQUA CIRCUIT			19.00-19.45				
AQUA CORE	9.15-10.00		9.15-10.00				
AQUA TONE	19.15-20.00	14.30-15.15			19.00-19.45		
ANTALGICA		10.00-10.45		10.00-10.45			
FLOW STRETCH	10.15-11.00			9.15-10.00			
MOBILITY			10.15-11.00		10.15-11.00		
PILATES		10.45-11.30	19.45-20.30		11.00-11.45	11.00-11.45	
POSTURALE			11.00-11.45				
POWER YOGA				19.45-20.45			
AERO DANCE		19.00-19.45					
BODY TONE	19.30-20.15		12.45-13.30				
CORE & LEGS	18.45-19.30				12.45-13.30		
FITBOXE					19.15-20.00		
GAG			19.00-19.45				
GROUP CYCLING	19.30-20.20		19.00-19.50				10.30-11.45 dal 5 novembre
MET	12.45-13.30			18.15-19.00			
MIO PUMP					18.30-19.15		
MOVIDA	11.00-11.45			19.00-19.45			
FUNCTIONAL	18.00-18.45						
STEP & TONE		19.45-20.30					