

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2
8.30			PILATES BASE Matteo				PILATES BASE Matteo			
9.00		CROSS GYM Riccardo				CROSS GYM				CROSS GYM Riccardo
9.30		CROSS GYM Riccardo	PILATES Rossella		STRETCHING Matteo	CROSS GYM	PILATES Rossella			CROSS GYM Riccardo
10.00		Tutorial METODO EMME CENTO								
10.30		Importanza PEDICURE Barbara				Importanza MASSAGGI RELAX				Tutorial METODO EMME CENTO
11.00		ABDOMINAL		ABDOMINAL		FUNCTIONAL TRAINING		ABDOMINAL		ABDOMINAL
11.30		TRX KTTBL		TRX KTTBL		ABDOMINAL		TRX KTTBL		TRX KTTBL
12.00		STRETCHING								STRETCHING
12.30										
13.00	SPINNING Max	CROSS GYM Riccardo	TOTAL TONE SYSTEM Alex		SPINNING Max	CROSS GYM Riccardo	TOTAL TONE SYSTEM Alex	Importanza della PRESSO Barbara	SPINNING Max	
15.00				ABDOMINAL		KTTBL TRX		ABDOMINAL		
15.30				Tutorial METODO EMME CENTO		ABDOMINAL		FUNCTIONAL		
16.00	16.00/16.45 ANALISI BIA	Tutorial METODO EMME CENTO	16.00/16.45 ANALISI BIA	TRX KTTBL		STRETCHING MOBILITY	16.00/16.45 ANALISI BIA	TRX KTTBL	16.00/16.45 ANALISI BIA	
16.30				STRETCH MOBILITY				STRETCH MOBILITY		
17.00	TAEKWDO BAMBINI	TOTAL TONE Alex		FUNCTIONAL	TKWDO BAMBINI	BOSU		FUNCTIONAL		
17.30				Importanza MASSAGGI ORIENTALI		Importanza TRATTAMENTI VISO			TOTAL TONE Alex	TUTORIAL Matteo
18.00	GAG TONIC Rossella	POSTURAL Riccardo	POSTURAL	TONE ENERGY Claudia	PILATES	TONE ENERGY Claudia	POSTURAL	TONE ENERGY Claudia		STRETCHING Matteo
18.30		18.45 ABDOMINAL				CROSS GYM			TOTAL TONE Alex	18.45 KRAV MAGA Manuel
19.00	CARDIO FUNCTIONAL Rossella	19.15 CROSS GYM	SPINNING Max	POSTURAL TRAINING Riccardo	CARDIO FUNCTIONAL	ABDOMINAL	SPINNING Max	POSTURAL TRAINING Riccardo		
19.30						CROSS GYM			SPINNING Max	
20.00	PILATES Rossella	TAEKWONDO ADULTI Alberto-Giulia	SPINNING Max	FIT BOXE Claudia	PILATES Rossella	TAEKWONDO Alberto-Giulia	SPINNING Max	FIT BOXE Claudia		
20.30										
21.00			SPINNING Max				SPINNING Max			

DALLE 7.00 ALLE 21.00 PROVE MEETING FITNESS IN SALA ATTREZZI/CARDIO