

## GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2020-2021

		LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO	DOMENICA
		SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA ENERGY
CORSI DEL MATTINO																		
	8.45-9.15 CKWORK ADDOMINALI Francesca																	
	9.20-10.15 TOTAL BODY WORKOUT Francesca							9.30-10.25 TOTAL BODY WORKOUT Gala	9.50-10.35 PANCAFIT Cristina		9.45-10.15 STRETCHING Davide			9.30-10.25 BODY PUMP Mirko	9.50-10.35 POSTURAL TRAINING Pasquale			
	10.20-11.20 MATWORK PILATES Federica								10.05-10.50 PANCAFIT Roberto C.		10.40-11.25 MATWORK PILATES Cristina				10.40-11.25 PANCAFIT Pasquale		10.30-11.00 ADDOMINALI a rotazione	10.45-11.30 MATWORK PILATES a rotazione
																	11.05-12.00 TOTAL BODY WORKOUT a rotazione	11.35-12.30 JOLLY CLASS a rotazione
CORSI DEL PRANCO	13.00-13.55 TRX CIRCUIT Miguel				13.00-13.55 BODY PUMP Domenico			13.00-13.30 G.A.G Cristina			13.00-13.55 BODY PUMP Francesca			13.00-13.55 TOTAL BODY WORKOUT Mirko			12.05-13.00 JOLLY CLASS a rotazione	12.35-13.05 ADDOMINALI a rotazione
								13.30-14.00 UPPER BODY Cristina										
CORSI DEL Pomeriggio					15.00-15.30 BODY PUMP express Domenico													
	16.00-16.55 ZUMBA Francesca				15.30-16.00 CKWORK ADDOMINALI Domenico						16.00-16.55 BODY PUMP Francesca							
CORSI DELLA SERA								17.45-18.15 INTERVAL TRAINING Emanuele										
	18.05-18.50 BODY ATTACK Gala				18.20-19.05 BODY PUMP Federica			18.20-18.50 CKWORK ADDOMINALI Emanuele			18.15-18.45 GAMBE & GLUTEI Mirko			18.00-18.30 TRX CIRCUIT Francesca				
	18.55-19.25 TRX CIRCUIT Gala	18.30-19.15 REFORMER PILATES Silvia			19.10-19.55 TOTAL BODY WORKOUT Federica	18.00-18.45 REFORMER PILATES Emanuela		18.55-19.40 BODY PUMP Emanuele			18.50-19.35 TOTAL BODY WORKOUT Mirko			18.35-19.20 BODY ATTACK Francesca				
	19.30-20.15 BODY PUMP Gala	19.25-20.10 MATWORK TOOLS Silvia			20.00-20.30 ADDOMINALI Federica	18.55-19.40 MATWORK PILATES Emanuela		19.45-20.30 TOTAL BODY WORKOUT Carlos	19.00-19.45 POSTURAL TRAINING MariaRosa		19.40-20.25 GETBOXE Mirko	19.20-20.05 MATWORK PILATES Silvia		19.25-20.10 BODY PUMP Francesca				
	20.25-21.10 GETBOXE Gala	20.15-21.00 YOGA FLEX Silvia			20.35-21.05 BODY ATTACK Federica	19.45-20.30 MATWORK PILATES Emanuela		20.35-21.30 ZUMBA Carlos	19.50-20.35 POSTURAL TRAINING MariaRosa		20.30-21.15 BODY PUMP Mirko	20.10-20.40 PANCAFIT Silvia						
						20.40-21.40 POWER YOGA Jhonny						20.45-21.45 POWER YOGA Barbara						
TUTTE LE ATTIVITA'																		
SONO A																		
PRENOTAZIONE																		