GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2021-2022

	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	9.35-10.20 TOTAL BODY WORKOUT Tania			9.45-10.30 MATWORK PILATES Roberto C.			9.30-10.00 ADDOMINALI Federica P.	9.30-10.00 STRETCHING Cristina		9.45-10.15 STRETCHING Homar			9.15-9.45 DYNAMIC PILATES Pasquale				
	10.25-11.10 MATWORK PILATES Tania				10.35-11.20 PANCAFIT Roberto C.		10.05-11.00 TOTAL BODY WORKOUT Federica P.	10.05-10.50 MATWORK PILATES Cristina		10.15-11.00 POSTURAL TRAINING Homar			9.50-10.35 POSTURAL TRAINING Pasquale			10.30-11.00 ADDOMINALI a rotazione	10.45-11.30 MATWORK PILATES a rotazione
								10.55-11.40 PANCAFIT Cristina			11.05-11.50 PANCAFIT Homar			10.40-11.25 PANCAFIT Pasquale		11.05-12.00 TOTAL BODY WORKOUT a rotazione	11.35-12.30 JOLLY CLASS a rotazione
CORSI DEL PRANZO	13.00-13.55 TRX CIRCUIT Miguel			13.00-13.55 MATWORK PILATES Roberto C.			13.00-13.55 TOTAL BODY WORKOUT Cristina			13.00-13.55 BODY PUMP Homar			13.00-13.55 TOTAL BODY WORKOUT Federica P.			12.05-13.00 JOLLY CLASS a rotazione	12.35-13.05 ADDOMINALI a rotazione
CORSI DEL POMERIGGIO	16.00-16.55 TOTAL BODY WORKOUT Andrea																
																TONIFICAZIONE	A PRENOTAZIONE ★
CORSI DELLA SERA	18.15-18.45 BODY ATTACK Gaia			18.15-18.45 GAMBE & GLUTEI Federica			18.15-18.45 ADDOMINALI Mirko			18.30-19.15 BODY PUMP Francesca						CONSCIOUS	A PRENOTAZIONE ★
	18.50-19.35 FUNCTIONAL TRX Gaia	18.30-19.15 MATWORK PILATES Silvia		18.50-19.35 BODY PUMP Federica			18.50-19.35 TOTAL BODY WORKOUT Mirko			19.20-19.50 BODY ATTACK Francesca	18.25-19.10 MATWORK PILATES Silvia		18.00-18.45 FUNCTIONAL TRX Domenico			CARDIOVASCOLARI	A PRENOTAZIONE ★
	19.40-20.25 BODY PUMP Gaia	19.25-20.10 MATWORK TOOLS Silvia		19.40-20.25 TOTAL BODY WORKOUT Federica	18.50-19.35 POSTURAL TRAINING Emanuela		19.40-20.25 GETBOXE Mirko	19.00-19.55 POSTURAL TRAINING MariaRosa		19.55-20.25 ADDOMINALI LesMills CORE Francesca	19.20-20.05 MATWORK PILATES Silvia		18.50-19.35 BODY ATTACK Domenico				
	20.30-21.15 GETBOXE Gaia	20.15-21.00 YOGA FLEX Silvia		20.30-21.00 ADDOMINALI LesMills CORE Federica	19.45-20.30 MATWORK PILATES Emanuela		20.30-21.15 BODY PUMP Mirko			20.30-21.15 TOTAL BODY WORKOUT Francesca	20.10-20.40 PANCAFIT Silvia		19.40-20.25 BODY PUMP Domenico				
					20.40-21.40 POWER YOGA Jhonny						20.45-21.45 POWER YOGA Barbara						