

# ORARIO CORSI



VIA SISMONDI N°43  
TEL.02-70109939

## LUNEDI

9.45 - 10.30 CORPO LIBERO ANTONELLA C.
10.30 - 11.00 UPPER BODY ANTONELLA C.
11.00 - 11.30 G.A.G. ANTONELLA C.
11.30 - 12.00 STRETCHING ANTONELLA C.
13.00 - 14.00 PILATES ILONA R.
15.00 - 15.45 PILATES ILONA R.
15.45 - 16.30 TOTAL TONE ILONA R.
17.15 - 17.45 STRETCHING MARISA
17.45 - 18.30 BODY SCULPTY MARISA
18.30 - 19.00 G.A.G. MARISA
19.00 - 19.45 KICK FIT MARISA
19.45 - 20.30 PILATES MARISA

## MARTEDI

9.45 - 10.30 TONIF.GENERALE SYLO
10.30 - 11.15  SYLO
11.15 - 12.00 BODY SCILPTY SYLO
13.00 - 13.30 TONIF.BRACCIA CATERINA C.
13.30 - 14.00 G.A.G. CATERINA C.
15.00 - 16.00 BODY SCILPTY CATERINA C.
18.30 - 19.30 BODY SCILPTY LELE S.
19.30 - 20.30 STEP/COMBO LELE S.
20.30 - 21.30 CARDIO TONE FRANCESCO S.
21.30 - 22.00 ADDOMIN.+ STRETCH FRANCESCO S.

## MERCOLEDI

9.30 - 10.30 YOGA MIND SUSANNA S.
10.30 - 11.15 PILATES ILONA R.
11.15 - 11.45 STRETCHING TONE ILONA R.
13.00 - 14.00 AERO/STEP DANCE FABRIZIO C.
14.45 - 16.00 YOGA MASSIMILIANO E.
16.00 - 16.30 UPPER BODY SOFIA S.
16.30 - 17.00 G.A.G. SOFIA S.
17.00 - 17.30 STRETCHING SOFIA S.
17.30 - 18.15 BODY SCULPTY FABRIZIO C.
18.15 - 19.00 STEP FABRIZIO C.
19.00 - 19.45 G.A.G. FABRIZIO C.
19.45 - 20.30 TOTAL DANCE FABRIZIO C.
20.30 - 22.00 HATHA YOGA CINZIA B.

## GIOVEDI

9.30 - 10.30 PILATES MARISA F.
10.30 - 11.30 BODY SCULPTY MARISA F.
13.00 - 14.00 AERO BOXE + ADD. MARISA F.
15.30 - 16.15 TOTAL TONE ILONA R.
16.15 - 17.00 PILATES ILONA R.
17.00 - 17.45 CARDIO TONE ILONA R.
17.45 - 18.30 G.A.G. VALENTINA P.
18.30 - 19.15 BODY SCULPTY VALENTINA P.
19.15 - 20.00 FUSION COND VALENTINA P.
20.00 - 20.30 STRETCHING VALENTINA P.
20.30 - 21.15 POWER STEP MONICA S.
21.15 - 22.00 G.A.G. MONICA S.

## VENERDI

9.45 - 10.30 DANCE E TONE IVANA P.
10.30 - 11.15 STRECH E TONE IVANA P.
11.15 - 12.00 G.A.G. IVANA P.
13.00 - 14.00 STRECH E TONE MARISA F.
15.00 - 16.15 YOGA MASSIMILIANO E.
16.45 - 17.45 PILATES MARISA F.
17.45 - 18.30 STEP TONE MARISA F.
18.30 - 19.00 UPPER BODY MONICA O.
19.00 - 19.45 STEP MONICA O.
19.45 - 20.15 G.A.G. MONICA O.
20.15 - 20.45 STRETCHING MONICA O.

## SABATO

11.00 - 12.15 MASTER MIX A ROTAZIONE
16.00 - 16.45 MASTER MIX A ROTAZIONE
16.45 - 17.30 PILATES A ROTAZIONE

## DOMENICA

11.00 - 12.15 MASTER MIX A ROTAZIONE
15.30 - 16.15 CARDIO TONE A ROTAZIONE
16.15 - 17.00 PILATES o Stretch tone A ROTAZIONE