

# Programma corsi Prime

Valido a partire dal 15 Aprile 2019

	SALA	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
venerdì	STUDIO 1 body & mind		BackSchool Marina 0Δ	Stretching Eliane 0Δ	Pilates Nicola 0Δ								Pilates Duccio 0Δ	Stretch. Marta 0Δ			
	STUDIO 2 tone		GAG Sara 0Δ	Body Tone Nicola 0Δ	Body Pump Mirko 0Δ	CX Mirko 0Δ		Body Tone Nicola 0Δ	GAG Eliane 0Δ		Body Tone Eliane 0Δ		GAG Annarita 0Δ	Body Tone Annarita 0Δ	Body Pump Marta 0Δ	Cx Jacque 0Δ	
	STUDIO 3 fit & fun			Zumba Mirko 0Δ	Burn Sara 0Δ											Zumba Annarita 0Δ	
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual		RPM Virtual	RPM Virtual		RPM Virtual		RPM Virtual	G.Cycling Mario 0Δ	H.E.A.T. Mario 0Δ	RPM Virtual	
	STUDIO 5 easy danza			Body Attack Sara 0Δ	Body Tone Eliane 0Δ			Body Balance Jacqueline 0Δ						Body Attack Jacqueline 0Δ	Grit Cx Jacqueline 0Δ		
sabato	STUDIO 1 body & mind			Pilates Alex 0Δ	Yoga Alex 0Δ	Stretch Carlo 0Δ		Pilates Alex 0Δ		Pilates Alex 0Δ	Yoga Alex 0Δ		Yoga Alex 0Δ	Pilates Concetta 0Δ	Yoga Concetta 0Δ		
	STUDIO 2 tone		GAG Eliane 0Δ	Body Tone Concetta 0Δ	Grit Cx Roby 0Δ	GAG Carlo 0Δ		Body Pump Roberto 0Δ	Body Tone Eliane 0Δ				Body Pump Roberto 0Δ	Grit Cx Roby 0Δ		Body Tone Jacque 0Δ	
	STUDIO 3 fit & fun			Aerodance Carlo 0Δ										Step Barbara 0Δ	Body Attack Sara 0Δ		
	STUDIO 4 cycling		RPM Virtual	G. Cycling Duccio 0Δ	G. Cycling Duccio 0Δ	RPM Virtual		G. Cycling Duccio 0Δ	RPM Virtual		RPM Virtual		RPM Virtual	RPM Virtual	Cycling Grazia 0Δ	G. Cycling Grazia 0Δ	RPM Virtual
	STUDIO 5 easy danza			Aerial training Concetta 0Δ	Body Pump Virtuale			Body Attack Jacque 0Δ						Body Combat Virtuale 0Δ	GAG Barbara 0Δ		
domenica	STUDIO 1 body & mind		BackSchool Marina 0Δ	Pilates Nicola 0Δ				Pilates Nicola 0Δ			Yoga Dolce Concetta 0Δ			Yoga Lorenzo 0Δ	Pilates Lorenzo 0Δ		
	STUDIO 2 tone		Body Tone Eliane 0Δ	Body Tone Annarita 0Δ	Functional Lorenzo 0Δ	GAG Nicola 0Δ	Circuit Lor. 0Δ		Circuit Barbara 0Δ		Body Tone Concetta 0Δ		Functional Lorenzo 0Δ	GAG Carlo 0Δ	Body Tone Carlo 0Δ		
	STUDIO 3 fit & fun			Step Barbara 0Δ	Aerodance Barbara 0Δ								Hip Hop Carlo 0Δ	Zumba Annarita 0Δ			
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	H.E.A.T. circuit Duccio 0Δ	RPM Virtual		RPM Virtual	RPM Virtual		RPM Virtual		RPM Virtual	RPM Virtual	G. Cycling Duccio 0Δ	H.E.A.T. Mario 0Δ	RPM Virtual
	STUDIO 5 easy danza			Body Tone Annarita 0Δ	Power Yoga Lorenzo 0Δ				Body Tone Lorenzo 0Δ					GAG Annarita 0Δ	TRX Sara 0Δ	Body Attack Sara 0Δ	
venerdì	STUDIO 1 body & mind		Yoga Alex 0Δ	Pilates Basic Nicola 0Δ	B. Balance Jacqueline 0Δ	Yoga Alex 0Δ		Yoga Alex 0Δ		Pilates Alex 0Δ	Yoga Alex 0Δ		Yoga Alex 0Δ	Pilates Alex 0Δ			
	STUDIO 2 tone			GAG Miguel 0Δ	Body Tone Nicola 0Δ	Body Pump Jacqueline 0Δ	Cx Jacqu. 0Δ		Burn Sara 0Δ	Body Tone Eliane 0Δ			Body Tone Giorgio 0Δ	Grit Cx Marta G. 0Δ	Body Pump Marta G. 0Δ		
	STUDIO 3 fit & fun			Step Giorgio 0Δ	Aerodance Giorgio 0Δ									Step Giorgio 0Δ	Zumba Miguel 0Δ	SalsaTon Miguel 0Δ	
	STUDIO 4 cycling		RPM Virtual		G. Cycling Duccio 0Δ	RPM Virtual		RPM Virtual	G. Cycling Duccio 0Δ	RPM Virtual		RPM Virtual		RPM Virtual	RPM Virtual	G. Cycling Grazia 0Δ	RPM Virtual
	STUDIO 5 easy danza			Zumba Miguel 0Δ	Aerial training Nicola 0Δ				TRX Nicola 0Δ						TRX Sara 0Δ		
sabato	STUDIO 1 body & mind			Ginn. Dolce Marina 0Δ	Yoga Concetta 0Δ	Stretch Carlo 0Δ								Pilates Concetta 0Δ	Yoga Concetta 0Δ		
	STUDIO 2 tone			Body Tone Concetta 0Δ					Body Tone Carlo 0Δ				Body Tone Carlo 0Δ		GAG Romina 0Δ		
	STUDIO 3 fit & fun			GAG Giorgio 0Δ	Zumba Carlo 0Δ				Zumba Carlo 0Δ						GAG Romina 0Δ		
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual		RPM Virtual	RPM Virtual		RPM Virtual		RPM Virtual		G. Cycling Duccio 0Δ	RPM Virtual	
	STUDIO 5 easy danza			Step Carlo 0Δ	TRX Giorgio 0Δ				Body Pump Virtuale					Aerial training Concetta 0Δ	Body Attack Jacqueline 0Δ		
domenica	STUDIO 1 body & mind					Body Tone a rotazione 0Δ											
	STUDIO 2 tone																
	STUDIO 3 fit & fun				Lezione a Rotazione 0Δ												
	STUDIO 4 cycling				RPM Virtuale	RPM Virtuale		H.E.A.T. a rotazione 0Δ		RPM Virtuale		RPM Virtuale		RPM Virtuale			
	STUDIO 5 easy danza																
domenica	STUDIO 1 body & mind																
	STUDIO 2 tone					Body Pump a rotazione 0Δ											
	STUDIO 3 fit & fun				Zumba a rotazione 0Δ												
	STUDIO 4 cycling				RPM Virtuale	RPM Virtuale		G. Cycling a rotazione 0Δ		RPM Virtuale		RPM Virtuale		RPM Virtuale			
	STUDIO 5 easy danza																

## Livello di complessità tecnica

▲ adatto a tutti ▲ complessità media ▲ complessità medio - alta

## Livello di intensità fisica / cardio-vascolare

1 bassa intensità 2 intensità media 3 alta intensità

◆ Corsi su prenotazione

★ Corsi extra abbonamento

La Direzione si riserva la possibilità di effettuare modifiche nel corso della stagione.



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