

Programma corsi Prime

Valido a partire dal 27 Gennaio 2020

		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 0A	Power Stretch. Carlo O. 0A	Pilates Nicola 0A								Pilates Duccio 0A	Stretching 45' Duccio 0A			
	STUDIO 2 tone		GAG Miguel 0A	Body Tone Nicola 0A	Body Pump Jacqueline 0A	GAG Miguel 0A	Body Tone Nicola 0A	GAG Carlo O. 0A		Body Tone Carlo O. 0A			GAG Carlo O. 0A	Body Tone Carlo O. 0A	Body Pump Eleonora 0A		
	STUDIO 3 fit & fun				Step Carlo O. 0A												
	STUDIO 4 cycling													G.Cycling Mario 0A	H.E.A.T. Mario 0A		
	STUDIO 5 easy danza			Zumba Miguel 0A	GAG Miguel 0A			Body Balance Jacqueline 0A						Body Attack Jacqueline 0A	Zumba Carlo O. 0A		
	Skillathletic																
sabato	STUDIO 1 body & mind			Pilates Alex 0A	Yoga Alex 0A	Stretch Carlo G. 0A		Pilates Alex 0A		Pilates Alex 0A	Yoga Alex 0A		Yoga Alex 0A	Pilates Concetta 0A	Yoga Concetta 0A		
	STUDIO 2 tone	Body Tone Eliane 0A	Body Tone Concetta 0A	Grit Cx Roby 0A Roby 0A	Body Tone Carlo G. 0A		Body Pump Roberto 0A	Body Tone Roberto 0A					Body Pump Roberto 0A	Grit Jacque 0A	Cx Jacque 0A		Body Tone Concetta 0A
	STUDIO 3 fit & fun			Aerodance Carlo G. 0A	Body Attack Roberto 0A									Step Barbara 0A	Body Attack Roberto 0A		
	STUDIO 4 cycling			G. Cycling Duccio 0A				G. Cycling Duccio 0A							H.E.A.T. Duccio 0A	Cycling Luigi 0A	
	STUDIO 5 easy danza			GAG Giorgio 0A	Step Giorgio 0A			Body Attack Jacque 0A							Zumba Julia 0A	GAG Barbara 0A	
domenica	STUDIO 1 body & mind		BackSchool Marina 0A	Pilates Nicola 0A										Power Stretch. Duccio 0A	Pilates Concetta 0A	Yoga Lorenzo 0A	
	STUDIO 2 tone		Body Tone Barbara 0A	Functional Lorenzo 0A	GAG Nicola 0A	Circuit Lor. 0A		Circuit Barbara 0A		Body Tone Concetta 0A			Body Tone Carlo G. 0A	GAG Carlo G. 0A		Body Tone Carlo G. 0A	
	STUDIO 3 fit & fun			Step Barbara 0A												Body Attack Jacqueline 0A	
	STUDIO 4 cycling				H.E.A.T.circuit Duccio 0A										G. Cycling Duccio 0A	H.E.A.T. Mario 0A	
	STUDIO 5 easy danza			Body Tone Eliane 0A	Power Yoga Lorenzo 0A				Body Tone Lorenzo 0A					Functional Lorenzo 0A	TRX Lorenzo 0A	Aerial Training Concetta 0A	
venerdì	STUDIO 1 body & mind		Pilates Basic Nicola 0A	B. Balance Jacqueline 0A	Yoga Alex 0A			Yoga Alex 0A		Pilates Alex 0A	Yoga Alex 0A		Yoga Alex 0A	Pilates Alex 0A			
	STUDIO 2 tone	Body Tone Eliane 0A	GAG Mirko 0A	Body Tone Nicola 0A	Body pump Mirko 0A	Cx Mirko 0A		Grit Mirko 0A	BodyTone Mirko 0A				Body Tone Carlo O. 0A	BodyPump Eleonora 0A	ABD Ele 0A		
	STUDIO 3 fit & fun			Step Giorgio 0A	Aerodance Giorgio 0A									Step Carlo O. 0A	SalsaTon Miguel 0A		
	STUDIO 4 cycling			G. Cycling Duccio 0A				G. Cycling Duccio 0A							Cycling Luigi 0A		
	STUDIO 5 easy danza			Zumba Mirko 0A	Aerial training Nicola 0A			TRX Nicola 0A							Zumba Miguel 0A	Body Tone Carlo O. 0A	
sabato	STUDIO 1 body & mind		BackSchool Marina 0A	Pilates Concetta 0A	Yoga Concetta 0A	Stretch Carlo 0A									Pilates Concetta 0A	Yoga Concetta 0A	
	STUDIO 2 tone		Body Tone Concetta 0A	GAG Giorgio 0A	Body Tone Carlo G. 0A			Body Tone Carlo G. 0A						Body Tone Romina 0A			
	STUDIO 3 fit & fun			Step Carlo 0A	Zumba Carlo O. 0A												
	STUDIO 4 cycling				H.E.A.T.circuit Duccio 0A			H.E.A.T. Duccio 0A							G.Cycling Duccio 0A		
	STUDIO 5 easy danza			Functional Carlo O. 0A	TRX Giorgio 0A									Aerial training Concetta 0A	GAG Romina 0A		
domenica	STUDIO 1 body & mind																
	STUDIO 2 tone				Body Tone a rotazione 0A												
	STUDIO 3 fit & fun			Lezione a Rotazione 0A													
	STUDIO 4 cycling					H.E.A.T a rotazione 0A											
	STUDIO 5 easy danza																
domenica	STUDIO 1 body & mind																
	STUDIO 2 tone				Body Pump/Tone a rotazione 0A												
	STUDIO 3 fit & fun			Zumba a rotazione 0A													
	STUDIO 4 cycling					G. Cycling a rotazione 0A											
	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.