PROGRAMMA CORSI dal 23 DIC. al 6 GENN.

YouFit PALESTRE
Viale Abruzzi

LUNEDì 23 E 30 DIC.

10.15 – 11.00	PILATES	MARIAGRAZIA M.
11.00 – 11.45	FUN&TONE	MARIAGRAZIA M.
13.00 – 14.00	CIRCUIT TRAINING	MOMO E.
17.00 – 17.45	ZUMBA	MARINETTA L.
17.45 – 18.30	YOU PUMP	MARINETTA L.
18.30 – 19.15	STRONG	MARINETTA L.
19.15 – 20.00	PILATES	MARINETTA L.

VENERDì 27 DIC. E 3 GENN.

10.00 – 10.45	CARDIO DANCE	ERKA S.
10.45 – 11.30	YOU PUMP	ERIKA S.
13.00 – 14.00	PILATES	ERIKA S.
18.00 – 18.45	ZUMBA/CARDIO CLASS	JAIROL G./DANIELA M.
18.45 – 19.30	TOTAL TONE	JAIROL G./DANIELA M.
19.30 – 20.15	PILATES	JAIROL G./DANIELA M.

SABATO 28 DIC. E 4 GENN.

10.00 – 10.45	YOU PUMP	ERIKA S.
10.45 – 11.30	PILATES	ERIKA S.
15.00 – 15.45	ZUMBA	JAIROL G.
15.45 – 16.30	G.A.G.	JAIROL G.

DOMENICA 29 DIC. E 5 GENN.

11.00 – 11.45	CIRCUIT TRAINING	Trainer
11.45 – 12.30	TOTAL TONE	Trainer
16.00 – 16.45	G.A.G.	CECILIA L. / SONIA Z.
16.45 – 17.30	PILATES	CECILIA L. / SONIA Z.

GIOVEDì 2 GENNAIO

10.00 – 11.00	PILATES	BARBARA V.
11.00 – 11.45	FUN&TONE	BARBARA V.
18.00 – 18.45	YOU PUMP	MARIO B.
18.45 – 19.30	FIT BOXE	MARIO B.
19.30 – 20.15	PILATES	MARIO B.