

PLANNING CORSI



BERGAMO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.00 - 10.00 YOGA Elena P.	9.15 - 10.00 TOTAL BODY Rosa S.	9.30 - 10.30 PILATES Alessandro C.	9.00 - 10.00 YOGA Laura P.	9.00 - 9.45 G.A.G. STEFANIA P.		
10.10 - 10.55 TOTAL BODY Monica N.	10.10 - 11.10 PILATES Rosa S.	10.40 - 11.25 CIRCUIT TRAINING Alessandro C.	10.10 - 10.55 SOFT TONE Erika S.	9.55 - 10.40 PILATES STEFANIA P.	10.00 - 10.45 G.A.G. ALESSANDRO C.	
11.05 - 11.50 CARDIO CLASS Monica N.	11.20 - 12.05 G.A.G. Rosa S.		11.05 - 11.50 TOTAL BODY Erika S.	10.50 - 11.35 CARDIO TONE STEFANIA P.	10.55 - 11.40 CARDIO TONE ALESSANDRO C.	11.00 - 11.45 CIRCUIT TRAINING A ROTAZIONE
					11.50 - 12.35 PILATES ALESSANDRO C.	11.55 - 12.40 YOU PUMP A ROTAZIONE
12.15 - 13.00 STEP TONE Alessandro C.	12.15 - 13.00 DINAMIC FIGHT Maurizio B.	12.15 - 13.00 TOTAL BODY Michele G.	12.15 - 13.00 PILATES Erika S.	13.00 - 14.00 TOTAL BODY Alessandro C.		
13.10 - 14.00 PILATES Alessandro C.	13.10 - 14.00 FIGHT on STEP Maurizio B.	13.10 - 14.00 Michele G.	13.10 - 14.00 CIRCUIT TRAINING Gianluca S.		16.00 - 16.45 TOTAL BODY DANIELE Z.	16.00 - 16.45 PILATES A ROTAZIONE
					16.55 - 17.40 PILATES DANIELE Z.	16.55 - 17.40 TOTAL BODY A ROTAZIONE
17.30 - 18.15 CARDIO TONE Rosa S.	17.30 - 18.15 TOTAL BODY Michele G.	17.00 - 18.00 FIT BOXE Gianluca S.	17.30 - 18.30 CIRCUIT BOXE E TONE Monica N.	17.30 - 18.15 PILATES Monica N.		
18.25 - 19.10 G.A.G. Rosa S.	18.25 - 19.10 PILATES Michele G.	18.10 - 19.10 Jarol G.	18.40 - 19.25 PILATES Rosa S.	18.25 - 19.10 Monica N.		
19.25 - 20.10 PILATES Rosa S.	 Michele G.	19.20 - 20.05 TOTAL BODY Monica N.	19.35 - 20.20 TOTAL BODY Rosa S.	19.20 - 20.05 G.A.G. Monica N.		
20.20 - 21.05 TOTAL BODY Rosa S.	20.20 - 21.05 CIRCUIT TRAINING Alessandro C.	20.15 - 21.00 PILATES Monica N.	20.30 - 21.15 FREE BODY Rosa S.	20.15 - 21.00 FIT BOXE Monica N.		
21.15 - 22.15 Jarol G.	21.15 - 22.00 YOU PUMP Alessandro C.	21.10 - 21.55 CIRCUIT TRAINING Monica N.	21.25 - 22.10 FIT BOXE Monica N.			