

PLANNING FITNESS MUSICALE dal 12 Settembre 2011 a Maggio 2012

	MATTINO			PRANZO		POMERIGGIO/SERA									
L	9,30 TOTAL BODY s2 rosy	9,30 HEAT s3 angelo	9,30 posturale s2 barbara		13,15 HEAT s3 angelo		15,30 balli s2 eros/ania		18,00 kung fu s1 serafino		18,55 GAG s2 rosy	19,15 group cycling s3 francesca	19,45 BOOTCAMP s1 Ugo-manuel	19,45 reggaeton s2 laura	20,15 HEAT s3 saladino
M				13,40 STEP s2 ugo	13,30 group cycling s3 davis		15,00 hip senior s2 ale	16,30 hop junior s2 ale			19-20,30 BJJ s1 tano	19,15 HEAT s3 luca maria		20,15 group cycling s3 domenico	
M	9,30 GAG s2 rosy	9,30 HEAT s3 angelo			13,15 HEAT s3 angelo		15,30 balli s2 eros/ania	16,30 reggaeton s2 laura		18,55 TOTAL BODY s2 rosy	19,15 group cycling s3 francesca	19,45 pilates s2 barbara	20,00 FUNCTIONAL s1 manuel	20,15 HEAT s3 saladino	20,35 balli di gruppo s2 eros/ania
G	9,30 POSTURALE s2 barbara			13,40 BOOTCAMP s2 ugo	13,30 group cycling s3 davis				18,00 kung fu s1 serafino		19-20,30 BJJ s1 tano	19,15 HEAT s3 luca maria		20,15 group cycling s3 domenico	
V	9,30 GAG s2 rosy	9,30 HEAT s3 angelo			13,15 HEAT s3 angelo		15,00 hip senior s2 ale	16,30 hop junior s2 ale			18,55 circuit training s2 rosy	19,15 group cycling s3 davis	19,45 STEP s2 ugo		20,15 HEAT s3 saladino
S	9,30 POSTURALE s2 barbara			13,30 FUNCTIONAL s1 manuel		14,30 HEAT s3 saladino	14,30-16 BJJ s1 tano								

novità
scuola

N.B.: le ore di lezione sono di 50min

Bootcamp 45min

Scuola 60/90min