GetFIT LAMBRATE - PLANNING CORSI - STAGIONE 2022-2023 RIDOTTO dal 19 al 25 Dicembre

	LUNEDI' 19			MARTEDI' 20			MERCOLEDI' 21			GIOVEDI' 22			VENERDI' 23			SABATO 24	DOMENICA 25
	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA CONSCIOUS	OMNIA	SALA ENERGY	SALA ENERGY
CORSI DEL MATTINO	9.30-10.25 TOTAL BODY WORKOUT Monica 10.30-11.00 ADDOMINALI Monica						9.30-10.00 ADDOMINALI Federica P. 10.00-10.55 TOTAL BODY WORKOUT Federica P.	9.30-10.00 STRETCHING Cristina 10.00-10.45 MATWORK PILATES Cristina 10.50-11.20 PANCAFIT Cristina		9.45-10.15 STRETCHING Homar 10.15-11.00 POSTURAL TRAINING Homar							
CORSI DEL PRANZO	13.00-13.55 TRX CIRCUIT Miguel			13.00-13.55 BODY PUMP Marika			13.00-13.30 G.A.G Monica 13.30-14.00 UPPER BODY Monica			13.00-13.55 BODY PUMP Homar			13.00-13.55 INTERVAL TRAINING Matteo				
CORSI DEL POMERIGGIO			15.45-16.15 PLAY OMNIA Cristian									15.45-16.15 PLAY OMNIA Cristian					
CORSI DELLA SERA	18.15-19.00 INTERVAL TRAINING Alex 19.05-19.35 TRX CIRCUIT Alex 19.40-20.25 BODY PUMP Alex	18.35-19.20 REFORMER PILATES Silvia 19.25-20.10 CIRCUIT PILATES Silvia 20.10-21.10 HATHA YOGA Silvia		18.20-18.50 GAMBE & GLUTEI Annalisa 18.50-19.35 BODY PUMP Annalisa 19.40-20.25 TOTAL BODY WORKOUT Annalisa 20.30-21.00 ADDOMINALI Annalisa	19.00-19.45 REFORMER PILATES Emanuela 19.50-20.35 MATWORK PILATES Emanuela 20.40-21.40 POWER YOGA Umberta		18.20-19.05 BODY PUMP Matteo 19.10-19.55 BODY ATTACK Matteo 20.00-20.30 ADDOMINALI Matteo 20.30-21.15 INTERVAL TRAINING Matteo	19.00-19.55 POSTURAL TRAINING MariaRosa 20.00-20.45 REFORMER PILATES MariaRosa		18.50-19.35 TOTAL BODY WORKOUT Mirko 19.40-20.25 GETBOXE Mirko 20.30-21.15 BODY PUMP Mirko	18.25-19.10 REFORMER PILATES Silvia 19.15-20.00 CIRCUIT PILATES Silvia 20.05-20.35 PANCAFIT Silvia 20.40-21.40 POWER YOGA Clelia		18.40-19.25 BODY ATTACK Domenico 19.30-20.15 BODY PUMP Domenico			TONIFICAZIONE CONSCIOUS CARDIOVASCOLARI	