

PROGRAMMA CORSI ZOOM OLISTICI **CARDIO** TONIFICANTI

MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
GOOD MORNING 7:15-8 Giorgio		GOOD MORNING 7:15-8 Giorgio		
	YOGA 9-9:45 Ileana		YOGA 9-9:45 Ileana	
TOTAL BODY 10.15-11 Katarina	BACK SCHOOL 10.15-11 Diana	TOTAL CIRCUIT 10.15-11 Katarina	BACK SCHOOL 10.15-11 Katarina	OLISTIC POWER 10.15-11 Ileana/Luisa
	FUNCTIONAL TRAINING 11.15-12 Giorgio		TOTAL BODY 11.15-12 Katarina	
	GROUP CYCLING 13:15-14 Daniele		GROUP CYCLING 13:15-14 Daria	
YOGA 17-17:45 Ileana	POSTURAL PILATES 17-17:45 Luisa	BODY & MIND + STRETCHING 17-17:45 Diana	POSTURAL PILATES 17-17:45 Luisa	
TONIFICAZIONE UP&DOWN 18-18:45 Ileana	FAT BURNING 18-18:45 Luisa	METABOLIC INTERVAL TRAINING 18-18:45 Chiara	TOTAL CIRCUIT 18-18:45 Luisa	
CROSS TRAINING 19-19:45 Stefano	GROUP CYCLING 19-19:45 Daria	CROSS TRAINING 19-19:45 Stefano	GROUP CYCLING 19-19:45 Daniele	