

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
		YOGA 9-9:45 Ileana		YOGA 9-9:45 Ileana	
TOTAL CIRCUIT 10:15-11 Katarina	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	
FAT BURNING 18-18:45 Luisa	TONIFICAZIONE UP&DOWN 18-18:45 Ileana	FAT BURNING 18-18:45 Luisa	CROSSCARDIO 18-18:45 Chiara	TOTAL CIRCUIT 18-18:45 Luisa	
FUNCTIONAL TRAINING 19-19:45 Giorgio	CROSS TRAINING 19-19:45 Stefano	GROUP CYCLING 19-19:45 Daria	CROSS TRAINING 19-19:45 Stefano	GROUP CYCLING 19-19:45 Daniele	

CALENDARIO CORSI ZOOM

OLISTICI
CARDIO
TONIFICANTI



EXCUSES
DON'T BURN
CALORIES

