

Country Corsi Fitness 2022-2023

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
9:15	CIRCUIT TRAINING <small>Fabio</small>		CIRCUIT TRAINING <small>Fabio</small>	CIRCUIT TRAINING <small>Fabio</small>		
10:15	PILATES MATWORK <small>Laura</small>		POSTURALE <small>Laura</small>			
11:00						BODY FUNCTIONAL <small>Stefano Fabio</small>
13:15	TABATA <small>Fabio</small>	PILATES MATWORK <small>Laura</small>	TOTAL CORE MIX <small>Laura</small>		PILATES MATWORK <small>Laura</small>	
17:00		HIP-HOP <small>Erica</small> RAGAZZI E BAMBINI corso a pagamento			HIP-HOP <small>Erica</small> RAGAZZI E BAMBINI corso a pagamento	
18:00	TOTAL CORE MIX <small>Laura</small>	YOGA <small>Sabina</small>	SPARTAN BASIC <small>Laura</small>	YOGA <small>Sabina</small>	DANZA FIT <small>Erica</small>	
19:00	PILATES MATWORK <small>Laura</small>	FITCROSS <small>Valerio</small>	PILATES MATWORK <small>Laura</small>	HIT <small>Valerio</small>	FITCROSS <small>Valerio</small>	