

# ORARIO CORSI CINISELLO BALSAMO



VALIDO DAL 07.01.2019

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

PILATES MATWORK  
ENRICA  
09.30 - 10.30

GET GYMBALL  
NANCY  
09.30 - 10.30

TOTAL BODY  
ROBERTA  
9.30 - 10.20

DYNAMIC PILATES  
NANCY  
09.30 - 10.30

YOGA  
ENRICA  
09.30 - 10.30

EASY CIRCUIT  
PATRICK  
10.00 - 10.45

EASY CIRCUIT  
PATRICK  
10.30 - 11.15

MOBILITY FLEX  
ROBERTA  
10.20 - 11.10

TOTAL BODY  
MARA  
13.00 - 14.00

PILATES  
NANCY  
13.00 - 14.00

CIRCUIT TRAINING  
DAMIEN  
13.00 - 14.00

TABATA  
DAMIEN  
13.00 - 13.30

STRETCHING  
DAMIEN  
13.30 - 14.00

TOTAL BODY  
MARA  
18.30 - 19.25

STEP&TONE  
MARA  
18.30 - 19.25

STRONG  
FABIO  
18.30 - 19.25

BALLA&BRUCIA  
MARA  
18.30 - 19.25

FIT KOMBAT  
MARA  
19.30 - 20.20

PILATES  
ILARIA  
19.30 - 20.20

ZUMBA  
FABIO  
19.30 - 20.30

CIRCUIT TRAINING  
DAMIEN  
19.00 - 20.00

PILATES MATWORK  
HADJAR  
18.00 - 19.00

CIRCUIT TRAINING  
DAMIEN  
19.00 - 20.00

CALISTHENICS  
ALESSANDRO  
20.25 - 21.25

CIRCUIT TRAINING  
DAMIEN  
20.00 - 21.00

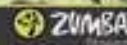
YOGA  
ILARIA  
19.30 - 20.20

ZUMBA  
FABIO  
20.25 - 21.20

CALISTHENICS  
ALESSANDRO  
20.25 - 21.25

9.00 - 13.00

17.30 - 20.20



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