

# ORARIO CORSI CINISELLO BALSAMO



VALIDO DA 07.01.2019

9.30 - 14.00

17.30 - 21.25

LUNEDI'

**PILATES**

ENRICA

9.30 - 10.30

**EASY CIRCUIT**

PATRICK

10.00 - 10.45

**PILATES**

NANCY

13.00 - 14.00

**TOTAL BODY**

MARA

18.30 - 19.25

**CIRCUIT TRAINING**

DAMIEN

19.00 - 20.00

**FIT KOMBAT**

MARA

19.30 - 20.20

**ZUMBA**

FABIO

20.25 - 21.20

MARTEDI'

**GET GYMBALL**

NANCY

9.30 - 10.30

**CIRCUIT TRAINING**

DAMIEN

13.00 - 14.00

**STEP & TONE**

MARA

18.30 - 19.25

**PILATES**

NANCY

19.30 - 20.20

**CALISTHENICS**

ALESSANDRO

20.25 - 21.25

MERCOLEDI'

**TOTAL BODY**

ROBERTA

9.30 - 10.20

**MOBILITY FLEX**

ROBERTA

10.20 - 11.10

**EASY CIRCUIT**

PATRICK

10.30 - 11.15

**TABATA**

DAMIEN

13.00 - 13.30

**STRETCHING**

DAMIEN

13.30 - 14.00

**STRONG**

FABIO

18.30 - 19.25

**ZUMBA**

FABIO

19.30 - 20.30

**CIRCUIT TRAINING**

PATRICK

20.00 - 21.00

GIOVEDI'

**DYNAMIC PILATES**

NANCY

9.30 - 10.30

**TOTAL BODY**

MARA

13.00 - 14.00

**BALLA & BRUCIA**

MARA

18.30 - 19.25

**CIRCUIT TRAINING**

PATRICK

19.00 - 20.00

**YOGA**

ENRICA

19.30 - 20.20

VENERDI'

**YOGA**

ENRICA

9.30 - 10.30

**PILATES**

LUCIA

17.30 - 18.20

**STRETCHING**

LUCIA

18.20 - 18.50

**CALISTHENICS**

ALESSANDRO

19.30 - 20.30



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