

GARDEN & STEVEN - PALINSESTO CORSI FITNESS TERRA DAL 12/09/2022

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN
8:30 GIN. DINAMICA Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos			8:30 GIN. DINAMICA Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos			8:30 GIN. DINAMICA Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos		
09:30 - 10:30 30' CUORE 30' TONO Sala Steven		09:00 PUSH Sala Steven	9:00 GIN. DOLCE Sala Rosa	09:30 - 10:30 30' CUORE 30' TONO Sala Steven	09:00 PILOGA Sala Rosa	9:00 PILOGA Sala Steven	9:00 GIN. DOLCE Sala Rosa	09:30 - 10:30 30' CUORE 30' TONO Sala Steven	09:00 YOGA Sala Rosa		9:00 POWER DEFINITION Sala Rosa
	10:00 TOTAL BODY Sala Rosa	10:00 PILATES Sala Steven	10:00 TONIFICAZIONE Sala Rosa		10:00 SPIN Palabasket	10:00 - 11:00 30' CUORE 30' TONO Sala Steven	10:00 TONIFICAZIONE Sala Rosa		10:00 PILATES Sala Rosa	10:00 PILATES Sala Steven	
	10:00 SPIN Palabasket										
	13:00 SPIN Palabasket		13:00 TONIFICAZIONE Sala Rosa		13:00 GROUP CYCLING Palabasket				13:00 YOGA Sala Rosa		
13:00 - 14:30 30' CUORE 30' LADY FIT 30' MENTE Sala Steven	13:00 PUSH Sala Rosa	13:00 PILATES Sala Steven		13:00 - 14:30 30' CUORE 30' LADY FIT 30' MENTE Sala Steven	13:00 PILATES Sala Rosa	13:00 PILATES Sala Steven	13:00 TONIFICAZIONE Sala Rosa	13:00 - 14:30 30' CUORE 30' LADY FIT 30' MENTE Sala Steven	13:00 SPIN Palabasket		
	15:30 - 17:30 PERSONAL GYM Sala Olos		16:30 - 19:30 PERSONAL GYM Sala Olos				16:30 - 19:30 PERSONAL GYM Sala Olos				
17:00 PILATES Sala Steven		17:00 YOGA Sala Steven				17:00 YOGA Sala Steven				17:00 - 18:30 30' CUORE 30' LADY FIT 30' HARD FIT Sala Steven	
18:15 KETTLEBELL Sala Steven	18:30 PILATES/YOGA FUSION Sala Rosa	18:15 TOTAL BODY Sala Steven		18:15 TONIFICAZIONE Sala Steven	18:30 GROUP CYCLING Palabasket	18:15 30' LADY FIT 30' CARDIO Sala Steven			18:00 GROUP CYCLING Palabasket		
18:30 - 19:00 ADDOMINALI STRONG Sala Fitness	18:30 GROUP CYCLING Palabasket		18:20 30' CUORE 30' LADY FIT Sala Rosa	18:30 - 19:00 ADDOMINALI STRONG Sala Fitness	18:30 PUSH Sala Rosa		18:20 30' CUORE 30' LADY FIT Sala Rosa	18:30 - 19:00 ADDOMINALI STRONG Sala Fitness	18:30 TONIFICAZIONE Sala Rosa		
19:15 - 20:15 30' CUORE 30' HARD FIT Sala Steven	19:30 30' TABATA 30' HITT Palabasket	19:15 30' LADY FIT 30' CARDIO Sala Steven	19:20 PILATES Sala Rosa	19:15 - 20:15 30' CUORE 30' HARD FIT Sala Steven	19:30 30' CYCLEX 30' TABATA Palabasket	19:15 PUSH Sala Steven	19:20 PILATES Sala Rosa	19:15 - 20:15 30' CUORE 30' HARD FIT Sala Steven	19:30 STEP Sala Rosa		
	19:30 STEP Sala Rosa				19:30 STEP Sala Rosa						