

CORSI FITNESS DAL 18 SETTEMBRE 2017

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			DOMENICA		
8.45	POWER YOGA (sala 2)	60'	10.00	STEP	60'	8.45	POWER YOGA	60'	10.00	FUNCTIONAL TONE	60'	10.00	GYM MIOFASCIALE	60'	10.00	STEP	60'	10.30	JUMPING FITNESS	60'
	MARTINA V.			ALESSANDRO A.			MARTINA V.			FEDERICA A.			SARA			PAULO S.			SARA / KRIZIA	
10.00	JUMPING STEP	60'	11.00	FUNCTIONAL TONE	60'	10.00	UPPER BODY LOWER BODY	30'	11.00	STRETCHING	60'	11.00	FIT BALL	60'	11.00	CARDIO GAG	60'	11.30	INTERVAL FIT	60'
	LISA M.			ALESSANDRO A.			LISA M.			FEDERICA A.			LISA M.			PAULO S.			SARA / KRIZIA	
11:00	STRETCHING POSTURALE	60'	13.00	SPINNING	60'	11.00	PILATES POSTURALE	60'	13.00	ZUMBA	60'	13.00	LOWER BODY	30'	11.00	TAI-CHI (sala 2)	60'	12.30	PILATES	60'
	LISA M.			SARA			LISA M.			MONICA M.			LISA M.			PIERANGELA			SARA / KRIZIA	
13.00	PILATES FIT	60'	13.00	ZUMBA	60'	13.00	PILATES	60'	13.00	SPINNING	60'	13.30	SPECIAL ABDOMINAL	20'	11.00	SPINNING	60'			
	LISA M.			MONICA M.			LISA M.			SARA			LISA M.			EMANUELA				
15:30	POSTURAL GYM	50'	17:00	YOGA KIDS (sala2)	45'	15:30	POSTURAL GYM	50'	15.15	FIT PILATES	60'	13.50	STRETCHING	10'	12.00	STRETCHING	60'			
	GRETA/SILVIA			MARTINA V.			GRETA/SILVIA			FEDERICA A.			LISA M.			PAULO S.				
17:30	JUMPING FITNESS (Mummy and Kids)	45'	17:45	YOGA TEEN (sala2)	45'	18.00	ARM TRAINING & ABS TRAINING	60'	17.30	GAG	45'	18.30	TRX (sala 2)	45'	15.30	ZUMBA	60'	18.00	YOGA	90'
	LISA M.			MARTINA V.			MONICA M.			GISELLE			ALEX F.			KRIZIA C.			GABRIELLA M.	
18.30	MOVERO	60'				18.30	TRX (sala 2)	45'	19.00	SPINNING WALKING	60'	18.45	PILATES STRECH	45'						
	NOEMI				ALEX F.			MICHELE C.			KRIZIA C.									
18.30	TRX (sala 2)	45'	18.30	JUMPING STEP	60'	18.30	SPINNING	60'	19.30	ENERGY WORKOUT	60'	19.30	BULLS WORKOUT (sala 2)	60'						
	ALEX F.			LISA M.			EMANUELA			IVAN S.			STEFANO							
18.30	SPINNING	60'	19.30	PILATES	60'	19.15	ZUMBA	45'	19.30	POWER YOGA (sala 2)	60'	19.45	ZUMBA	60'						
	FELIX			LISA M.			KRIZIA			DAL 21 SETTEMBRE (VITTORIO)			KRIZIA C.							
19.15	TAI-CHI (sala 2)	60'				19.30	YOGA (sala 2)	90'												
	PIERANGELA				GABRIELLA M.															
19.30	BULLS WORKOUT	60'				20.00	JUMPING FITNESS	60'												
	STEFANO				SARA V.															

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INFO CORSI: Rispetta l'orario d'inizio del corso - Porta con te una salvietta tergisudore

N.B. Il palinsesto corsi può subire variazioni durante l'anno a giudizio insindacabile della direzione

 KIDS

 bassa intensità
 media intensità
 alta intensità

