

CORSI FITNESS DAL 1 GIUGNO 2018

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' 30'	11.00	STRETCHING	60'	11.00	FIT BALL	60'	10.30	TAI-CHI (Prato piscina)		90'	11.30	INTERVAL FIT	60'
	LISA M.			ALESSANDRO A.			LISA M.			FEDERICA A.			LISA M.			PIERANGELA	SARA / KRIZIA				
11:00	STRETCHING POSTURALE	60'	13.00	ZUMBA	60'	11.00	PILATES POSTURALE	60'	13.00	ZUMBA	60'	13.00	LOWER BODY	30'	11.00	CARDIO GAG	60'	12.30	PILATES	60'	
	LISA M.			MONICA M.			LISA M.			MONICA M.			LISA M.			PAULO S.			SARA / KRIZIA		
13.00	PILATES FIT	60'	13.00	SPINNING	60'	13.00	PILATES	60'	13.00	SPINNING	60'	13.30	SPECIAL ABDOMINAL	20'	11.00	SPINNING	60'				
	LISA M.			SARA			LISA M.			SARA			LISA M.			EMANUELA					
15:30	POSTURAL GYM	50'				15:30	POSTURAL GYM	50'	15.15	FIT PILATES	60'										
	SILVIA			SILVIA			FEDERICA A.			LISA M.			PAULO S.								
17:30	JUMPING FITNESS (Mummy and Kids)	45'				18.00	GAG	45'	17.30	TOTAL TONE	60'	18.30	TRX (sala 2)	45'	15.30	ZUMBA	60'				
	LISA M.			GAIA M			GISELLE			STEFANO			KRIZIA C.								
18.30	MOVERO	60'	18.30	JUMPING STEP	60'	18.45	TRX (sala 2)	45'	19.00	* H.E.A.T. PROGRAM	60'	19:00	PILATES STRECH	60'				18.00	YOGA	90'	
	NOEMI			LISA M.			GAIA M			MICHELE C.			KRIZIA C.						GABRIELLA M.		
18.30	TRX (sala 2)	45'	19:00	* H.E.A.T. PROGRAM	60'	18.30	SPINNING	60'	19.30	ENERGY WORKOUT	60'	19.30	BULLS WORKOUT (sala 2)	60'							
	ALEX F.			MICHELE C.			EMANUELA			IVAN S.			STEFANO								
18.30	SPINNING	60'	19:30	PILATES	60'	19.15	ZUMBA	45'	19.00	POWER YOGA (sala 2)	60'	20:00	ZUMBA	60'							
	FELIX			LISA M.			KRIZIA			VITTORIO			KRIZIA C.								
19.30	BULLS WORKOUT	60'	19:30	FUNCTIONAL TONE (sala2)	60'	19.30	YOGA (sala 2)	90'													
	STEFANO			SARA			GABRIELLA M.														
						20.00	JUMPING FITNESS	60'													
							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

PRENOTAZIONE 3€

KIDS

bassa intensità

media intensità

alta intensità

