

PROGRAMMA CORSI OPEN WEEK-END

13 e 14 OTTOBRE

SABATO			DOMENICA		
10.00	STEP	60'	10.30	JUMPING FITNESS	60'
	PAULO S.			SARA / KRIZIA	
10.30	TAI-CHI (sala 2)	90'	11.30	INTERVAL FIT	60'
	PIERANGELA dal 15/09			SARA / KRIZIA	
11.00	CARDIO GAG	60'	12.30	PILATES	60'
	PAULO S.			SARA / KRIZIA	
11.00	INDOOR CYCLING	60'	12.45	AQUAFUSION (piscina)	45'
	EMANUELA			NIVES V.	
12.00	STRETCHING	60'			
	PAULO S.				
15.30	ZUMBA	60'			
	KRIZIA C.				
16.45	PADDLING SPECIALE GLUTEI (piscina)	30'			
	KRIZIA C.				
17.15	AQUAGYM (piscina)	30'	18.30	YOGA	60'
	KRIZIA C.			MARTINA V.	

