

FITLIFE

ORARIO CORSI 2019 - 2020

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
Ora	SALA FITNESS						
12.00						ZUMBA Valentina	
13.15	FITBALL Filomena	FUNCTIONAL TRAINING Filippo	GAG Filomena	FUNCTIONAL TRAINING Filippo	FITBOXE Filomena		
17.30	POSTURAL Carmine						
18.30	OLISTIC WORLD Monia	HATHA YOGA Ombretta	TONE HEAT Monia	GAG Carla	FITBALL Filomena		
19.30	TONE HEAT Monia	FUNCTIONAL TRAINING Maya	OLISTIC WORLD Monia	PILATES Carla	FITBOXE Filomena		
20.30	ALL MY BODY Carla	FIT PUMP Maya	FITMOVING Serena	INTERVAL TRAINING Serena			
	SALA KARATE						
9.30	BODY HARMONY Alice			BODY HARMONY Alice			
10.30	POSTURAL Carmine					HATHA YOGA Enrico	
18.30			POSTURAL Carmine				