

# PLANNING CORSI FITNESS & WELLNESS

2017/2018

## LUNEDI'

SENSATION ZONE

8:00 – 9:00 | **SHAPE & TONE**

SENSATION ZONE

9:00 – 9:30 | **\*STRETCHING**

SENSATION ZONE

13:00 – 14:00 | **ZUMBA**

FUNCTIONAL ZONE

19:00 – 20:00 | **SUSPENSION WORKOUT**

SENSATION ZONE

20:00 – 21:00 | **PILATES**

## MARTEDI'

SENSATION ZONE

10:00 – 11:00 | **CIRCUIT TRAINING**

SENSATION ZONE

13:00 – 14:00 | **PILATES**

FUNCTIONAL ZONE

17:00 – 18:00 | **\*\*BOXE JUNIOR**

FUNCTIONAL ZONE

18:30 – 19:00 | **\*PRE SKIING**

FUNCTIONAL ZONE

19:30 – 20:30 | **BOXE SENIOR**

## MERCOLEDI'

SENSATION ZONE

10:00 – 11:00 | **PILATES**

SENSATION ZONE

11:00 – 12:00 | **YOGA**

FUNCTIONAL ZONE

13:00 – 14:00 | **FREE FIT FUNCTIONAL**

SENSATION ZONE

19:30 – 20:30 | **PILATES**

FUNCTIONAL ZONE

20:00 – 21:00 | **KETTLEBELL TRAINING**

PER TUTTI I CORSI E' RICHIESTA LA PRENOTAZIONE

\*corso dalla durata di 30 min - \*\*corso extra abbonamento

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# PLANNING CORSI FITNESS & WELLNESS

2017/2018

## GIOVEDI'

FUNCTIONAL ZONE

7:45 – 8:45 | **SHAPE & TONE**

FUNCTIONAL ZONE

9:00 – 10:00 | **CIRCUIT TRAINING**

SENSATION ZONE

10:00 – 11:00 | **PILATES**

SENSATION ZONE

13:00 – 14:00 | **CIRCUIT TRAINING**

SENSATION ZONE

19:00 – 20:00 | **PILATES**

SENSATION ZONE

20:00 – 21:00 | **PRE SKIING**

## VENERDI'

SENSATION ZONE

9:00 – 10:00 | **PILATES**

SENSATION ZONE

13:00 – 14:00 | **FITNESS SENSATION**

SENSATION ZONE

15:00 – 16:00 | **PILATES**

FUNCTIONAL ZONE

19:00 – 20:00 | **SUSPENSION WORKOUT**

## SABATO

FUNCTIONAL ZONE

11:00 – 12:00 | **FREE FIT FUNCTIONAL**

FUNCTIONAL ZONE

12:00 – 13:00 | **MASTERCLASS**

PER TUTTI I CORSI E' RICHIESTA LA PRENOTAZIONE

\*corso dalla durata di 30 min - \*\*corso extra abbonamento

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