

## PROGRAMMA CORSI 2011/2012

	LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	
09.00-09.30			AREA FITNESS GR						AREA FITNESS GR			09.00-09.30
09.30-10.00			PILATES	GINNASTIC DOLCE					PILATES			09.30-10.00
10.00-10.30		DANZA	10,15-----	MORNING FIT					10,15-----			10.00-10.30
10.30-11.00								DANZA	MORNING FIT			10.30-11.00
11.00-11.30												11.00-11.30
11.30-12.00												11.30-12.00
12.00-12.30												12.00-12.30
12.30-13.00	----- 12.45				AEROBICA STEP		----- 12.45					12.30-13.00
13.00-13.30	PILATES		JAZZERCISE				PILATES					13.00-13.30
13.30-14.00												13.30-14.00
14.00-14.30								YOGA				14.00-14.30
14.30-15.00											DANZA	14.30-15.00
15.00-15.30												15.00-15.30
15.30-16.00												15.30-16.00
16.00-16.30												16.00-16.30
16.30-17.00	16,40 BABY DANCE		DANZA MODERNA									16.30-17.00
17.00-17.30				17,10 BABY HIP HOP								17.00-17.30
17.30-18.00	DANZA 1	DANZA	KIDS HIP HOP	GINNASTICA CORRETTIVA			DANZA 1	DANZA			KIDS HIP HOP	17.30-18.00
18.00-18.30												18.00-18.30
18.30-19.00	PILATES		HIP HOP				PILATES		DANZA		HIP HOP	18.30-19.00
19.00-19.30	----- 19,15	DANZA				YOGA	----- 19,15	DANZA				19.00-19.30
19.30-20.00	PILATES		KICK BOXING	PILATES			PILATES		KICK BOXING			19.30-20.00
20.00-20.30	JAZZERCISE	AEROBOXE	BOXE	SPINNING	POSTURAL ZONE	DANZA MODERNA	JAZZERCISE	PILATES	BOXE		DANZA MODERNA	20.00-20.30
20.30-21.00												20.30-21.00
21.00-21.30												21.00-21.30
21.30-22.00												21.30-22.00

N.B.: TUTTI I CORSI SARANNO SOSPESI DAL 22/12/2011 AL 06/01/2012

