

# ORARI CORSI VIRTUALI AGOSTO

Action Fit Carate Brianza

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7:10-8:00 7:10 GINNASTICA DOLCE	7:10-8:00 7:10 GAG	7:10-8:00 7:10 FULL GAG	7:30-7:55 7:30 FULL ABDOMINAL	7:10-8:00 7:10 YOGA FOR EVER.		
8:10-9:00 8:10 STEP COREOG.	8:10-9:00 8:10 LATIN DANCE	8:10-9:00 8:10 FIT BOX	8:00-8:50 8:00 FIT BOXE	8:10-9:00 8:10 TOTAL TONE	8:10-9:00 8:10 YOGA FLOW	8:10-9:00 8:10 RISVEGLIO MUSC.
9:15-10:00 9:15 AERO DANCE	9:30-10:20 9:30 POSTURAL	9:30-10:20 9:30 WARRIOR FIGHT MED.	9:30-10:20 9:30 BODY TONE&PUMP	9:30-10:20 9:30 POSTURAL	9:10-10:00 9:10 CIRCUITO C. LIBERO	9:10-10:00 9:10 PUMP
10:15-11:05 11:30 TOTAL BODY		10:50-11:40 10:50 GAG	10:20-10:40 10:20 STRETCHING T. BODY		10:10-11:00 10:10 F. KOMBAT	10:10-11:00 10:10 PILATES
11:30-12:20 11:30 TOTAL TONE	11:00-11:50 11:00 PUMP		10:45-11:35 10:45 PUMP			11:10-12:00 11:10 FIT BOXE
	12:00-12:30 12:00 GAG SHORT	11:50-12:20 11:50 ABS	11:45-12:35 11:45 FIT BOXE	12:00-12:20 12:00 STRETCHING T. BODY	12:10-12:35 11:10 FULL ABDOMINAL	12:10-12:40 12:10 GAG SHORT
12:45-13:35 12:45 PILATES FLOW	12:45-13:35 12:45 TOTAL BODY WORKOUT	12:45-13:35 12:45 LATIN DANCE	12:45-13:35 12:45 FUNCTIONAL STEP	12:45-13:35 12:45 PILATES MATWORK	12:45-13:35 12:45 HIP HOP	12:45-13:35 12:45 CIRCUITO
14:00-14:50 14:00 GINNASTICA	14:00-14:50 14:00 AERO DANCE	14:00-14:50 14:00 GINNASTICA DOLCE	14:00-14:50 14:00 GAG	14:00-14:50 14:00 TOTAL TONE	14:00-14:50 14:00 TOTAL TONE	
15:00-15:30 15:00 ABS	15:00-15:50 15:00 TOTAL TONE	15:00-15:50 15:00 BODY TONE&PUMP	15:00-15:50 15:00 STEP COREOG.	15:00-15:50 15:00 JUMP INTERMEDIO	15:00-15:50 15:00 F. KOMBAT	
15:45-16:50 15:45 FULL GAG	16:00-16:50 16:00 BODY TONE	16:00-16:50 16:00 FUNCTIONAL STEP	16:00-16:50 16:00 LATIN DANCE	16:00-16:50 16:00 GAG	16:00-16:50 16:00 JUMP INTERMEDIO	
16:40-17:30 16:40 STEP COREOGRAFICO	17:00-17:50 17:00 GAG	17:00-17:25 17:00 FULL AMBDOMINAL	17:00-17:50 17:00 WARRIOR FIGHT MEDIUM	17:00-17:50 17:00 FIGHT KOMBAT	17:00-17:50 17:00 MATCON	
18:00-18:50 18:00 T. BODY WORKOUT	18:00-18:25 18:00 FULL ABDOMINAL	18:15-18:45 18:15 GAG SHORT	18:15-18:45 18:15 GAG SHORT	17:55-18:45 17:55 T. BODY WORKOUT		
	18:30-19:20 18:30 T. BODY WORKOUT	18:50-19:40 18:50 FIT BOXE	18:45-19:35 18:45 CIRCUITO CORPO LIBERO	18:50-19:40 18:50 STEP COREOGRAFICO		
19:00-19:50 19:00 TOTAL TONE	19:20-20:10 19:20 CIRCUIT JUMPER	19:40-20:30 19:40 AERODANCE	19:40-20:30 19:40 ENERGY PUMP	20:00-20:50 20:00 PILATES CON FITBALL		
20:30-21:20 20:30 MOBILITY & CORE	20:30-21:20 20:30 YOGA FOR EVERYBODY	20:45-21:35 20:45 EASY PILATES	20:45-21:35 20:45 YOGA FLOW			
21:25-22:15 21:25 FULL GAG				21:00-21:50 21:00 LATIN DANCE		

La direzione di Action Fit si riserva la facoltà di modificare gli orari di apertura e chiusura del Centro, la programmazione dei Corsi e quella degli istruttori per esigenze organizzative