

CORSI VIRTUALI LUGLIO 2024

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7:00-7:50 7:00 POWER STRENGHT	7:00-7:45 7:00 POSTURAL	7:00-7:50 7:00 POLARIZZATO	7:00-7:50 7:00 FARTLEK	7:00-7:50 7:00 MONTAGNA 75%	7:00-7:50 7:00 ONLY FLAT	7:00-7:50 7:00 MOUNTAIN AREA RACE
8:00-8:50 8:00 INTERVAL	7:45-8:35 8:00 POLARIZZATO	8:00-8:50 8:00 ENDURANCE 80%	7:55-8:45 7:55 EPIC STRENGHT	8:00-8:50 8:00 EPIC STRENGHT	8:00-8:50 8:00 INTERVAL	8:00-8:50 8:00 POWER STRENGHT
9:30-10:20 9:30 PILATES	8:40-9:30 8:40 MOUNTAIN A. RACE	9:30-10:20 9:30 PILATES	9:30-10:20 9:30 GAG	9:30-10:20 9:30 FUNZIONALE		
11:30-12:10 11:30 TABATA&CIRCUIT	9:30-10:20 9:30 MOUNTAIN A. RACE	10:40-11:30 10:40 FOCUS ABS	10:20-11:10 10:20 FOCUS ABS	11:00-11:50 11:00 EASY PILATES	10:40-11:30 10:40 SKILL CODED INTERV.	10:30-11:20 10:30 RECORDS
12:45-13:30 12:45 TOTAL TONE	10:30-11:20 10:30 GLUTEI&ABS	12:00-13:40 12:00 TABATA&CIRCUIT	12:45-13:35 12:45 GAG	12:45-13:35 12:45 GLUTEI&ABS	12:30-13:20 12:30 YOLA PILATES	
15:00-15:50 15:00 KOMBAT Lv.3	12:45-13:30 12:45 ENERGY PUMP	14:00-14:50 14:00 LATIN DANCE	14:20-15:10 14:20 SKILL CODED INTERV.	14:00-14:50 14:00 KOMBAT Lv.2	14:00-14:50 14:00 KOMBAT Lv.2	14:00-14:50 14:00 TOTAL TONE
16:00-16:50 16:00 FUNZIONALE	14:30-15:20 14:30 INTERVAL EASY	15:00-15:50 15:00 TTS A CORPO LIBERO	16:05-16:55 16:05 CLASSIC RIDE	15:00-15:50 15:00 POSTURAL	16:20-17:10 16:20 CLASSIC RIDE	15:00-15:50 15:00 PUMP
18:00-18:30 18:00 ABS	15:30-16:15 15:30 POWER STRENGHT	16:00-16:50 16:00 FIT BOXE Lv.1	17:00-17:50 17:00 LATINA	17:30-18:20 17:30 PILATES	18:00-18:50 18:00 FUNZIONALE	18:00-18:50 18:00 TOTAL TONE
18:30-19:20 18:30 GAG	17:00-17:50 17:00 KOMBAT	17:30-18:20 17:30 PILATES	18:00-18:50 18:00 TOTAL BODY	18:30-19:20 18:30 GAG	19:00-19:50 19:00 PUMP	19:00-19:40 19:00 TABATA&CIRCUIT
19:20-20:12 19:20 BASIC STEP	18:15-19:00 18:15 GLUTEI&ABS	18:30-19:20 18:30 GAG	19:00-19:50 19:00 FUNC. KOMBAT AVAN.	18:30-19:20 18:30 GAG	20:00-20:30 20:00 ABS Lv.1	20:00-20:30 20:00 ABS
20:30-21:20 20:30 EASY PILATES	17:00-17:50 17:00 KOMBAT	19:30-20:10 19:30 TABATA&CIRCUIT	21:30-22:20 21:30 TOTAL TONE	20:30-21:20 20:30 PUMP	21:30-22:20 21:30 STEP COREOGRAFICO	20:30-21:20 20:30 GAG
21:30-22:20 21:30 GAG	18:15-19:00 18:15 GLUTEI&ABS	20:30-21:20 20:30 FIT BOXE Lv.2		21:30-22:20 21:30 FUNZIONALE		21:30-22:20 21:30 YOGA FLOW
	19:20-20:12 19:20 BASIC STEP	21:30-22:20 21:30 YOGA PILATES				
	20:30-21:20 20:30 FUNZIONALE					
	21:30-22:20 21:30 TOTAL TONE A BLOCCHI					