

CORSI CON ISTRUTTORE **DAL 16 SETTEMBRE**

Sala ACTION - Milano

LUNEDI'

10:00-11:00
10:00
PILATES

Sara

11:00-12:00
11:00
ACTION TOTAL BODY

Sara

12:45-13:45
12:45
ACTION FITBOXE

Mario

18:00-19:00
18:00
FUNC. ACTION BOXE

Riccardo

19:00-20:00
19:00
ACTION FUNC. TRAINING

Riccardo

20:00-21:00
20:00
TABATA

Riccardo

MARTEDI'

09:00-10:00
9:00
GINNASTICA DOLCE

Cristina

10:00-11:00
10:00
PILATES

Cristina

11:00-12:00
11:00
ACTION TOTAL TONE

Cristina

13:00-14:00
13:00
TRIFORM

Riccardo

13:00-14:00
13:00
ACTION PUMP

Sara

17:45-18:30
17:45
ACTION FUNC. STEP

Simona

18:00-19:00
18:00
TRIFORM

Riccardo

18:30-19:15
18:30
ACTION PUMP

Simona

19:00-20:00
19:00
TRIFORM

Riccardo

19:15-20:00
19:15
CIRCUIT ACTION TRAINING

Simona

20:00-20:45
20:00
PILATES

Simona

MERCOLEDI'

09:45-10:30
9:45
ACTION GAG+ACT. ABS

Sara

10:30-11:15
10:30
UPPER BODY ACTION

Sara

11:15-11:45
11:15
STRETCHING

Sara

13:00-14:00
13:00
PILATES

Riccardo

17:00-18:00
17:00
ACTION BODY SCULPTY

Cristina

18:00-18:30
18:00
ACTION ABS/STRETCH

Cristina

18:30-19:15
18:30
PILATES

Cristina

19:15-20:00
19:15
ACTION TONE STEP

Cristina

GIOVEDI'

09:00-10:00
9:30
PILATES

Cristina

10:00-11:00
10:00
ACTION TOTAL TONE

Cristina

13:00-14:00
13:00
CIRCUIT ACTION TRAINING

Riccardo

17:30-18:30
17:30
ACTION TOTAL BODY

Paolo

18:00-19:00
18:00
TRIFORM

Cristina

18:30-19:30
18:30
PILATES

Paolo

19:00-20:00
19:00
TRIFORM

Cristina

19:30-20:30
20:30
ACTION FIT BOXE

Paolo

VENERDI'

09:00-10:00
9:00
GINNASTICA DOLCE

Cristina

10:00-11:00
10:00
PILATES

Cristina

13:00-14:00
13:00
TRIFORM

Riccardo

13:00-14:00
13:00
ACTION FIT BOXE

Sara

17:45-18:30
17:45
ACTION GAG

Simona

18:30-19:15
18:30
ACTION STEP TONE UP

Simona

19:15-20:00
19:15
ACTION FIT BOXE

Simona

20:00-20:45
20:00
ACTION TOTAL TONE

Simona

SAB/DOM

10:30-12:00
10:30
CORSO ACTION A **SORPRESA**

Jairol