

# CORSI CON ISTRUTTORE **DAL 2 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

17:45-18:30

17:45 **ACTION FIT BOXE**

Stefania

18:00-19:00

18:00 **TRIFORM**

Cristina

18:30-19:15

18:30 **ACTION GAG**

Stefania

19:00-20:00

19:00 **TRIFORM**

Cristina

19:15-20:00

19:15 **PILATES**

Stefania

20:00-20:45

20:00 **ACTION ABS/UPPER BODY**

Stefania

## 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