

# 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  
**9:00**  
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