

# CORSI VIRTUALI 2024

Sala ACTION Muggiò

## LUNEDÌ

7:00-7:50  
7:00 GINNASTICA DOLCE

8:00-8:30  
8:00 MOBILITY HIIT

8:30-9:20  
8:30 BASIC TOTAL TONE

10:45-11:15  
10:45 GLUTEI

11:15-11:45  
11:15 MOBILITY HIIT

11:50-12:30  
11:50 TABATA&CIRCUIT

14:00-14:50  
14:00 PUMP

15:00-15:50  
15:00 KOMBAT

16:00-16:50  
16:00 FUNZIONALE

17:00-17:50  
17:00 GAG

20:30-21:20  
20:30 EASY PILATES

21:30-22:20  
21:30 FULL GAG

## MARTEDÌ

7:00-7:50  
7:00 POSTURAL

8:00-8:30  
8:00 GLUTEI

8:30-9:20  
8:30 PILATES RING

11:50-12:40  
11:50 YOGA FLOW

14:00-14:50  
14:00 FULL GAG

15:00-15:50  
15:00 CIRCUIT TRAINING

16:00-16:50  
16:00 INTERVAL STEP

20:30-21:20  
20:30 FUNZIONALE

21:30-22:20  
21:30 TOTAL TONE A BLOCCHI

## MERCOLEDÌ

7:00-7:50  
7:00 PILATES RING

8:00-8:30  
8:00 ABS

8:30-9:20  
8:30 PILOGA

11:15-11:45  
11:15 RISVEGLIO MUSCOLARE

11:50-12:10  
11:50 CIRCUITO A CORPO LIB.

14:00-14:50  
14:00 LATIN DANCE

15:00-15:50  
15:00 TTS A CORPO LIBERO

16:00-16:50  
16:00 FIT BOXE

20:30-21:20  
20:30 KARATE FIGHT

21:30-22:20  
21:30 YOGA PILATES

## GIOVEDÌ

7:00-7:50  
7:00 RISVEGLIO MUSCOLARE

8:00-8:30  
8:00 STRETCH AVANZATO

8:30-9:20  
8:30 ENERGY PUMP

10:40-11:30  
10:40 FUNCTIONAL KOMBAT

11:30-12:20  
11:30 GINNASTICA DOLCE

12:30-13:20  
12:30 TOTAL TONE

14:00-14:50  
14:00 TTS CORPO LIBERO

15:00-15:50  
15:00 PUMP

16:00-16:30  
16:00 GLUTEI

16:30-17:20  
16:30 CIRCUIT TRAINING

17:20-18:10  
17:20 LATINA

20:30-21:20  
20:30 PILATES RING

21:30-21:55  
21:30 CIRCUIT TRAINING

## VENERDÌ

7:00-7:50  
7:00 PUMP

8:00-8:20  
8:00 FUNZIONALE

8:30-9:20  
8:30 YOGA FOR EVERYBODY

10:40-11:30  
10:40 TTS CORPO LIBERO

11:30-12:20  
11:30 GAG

14:00-14:50  
14:00 YOGA PILATES

15:00-15:50  
15:00 POSTURAL

16:00-16:50  
16:00 TOTAL TONE

19:30-20:20  
19:30 FUNCTIONAL KOMBAT

20:30-21:10  
20:30 TABATA&CIRCUIT

21:30-22:20  
21:30 AERODANCE

## SABATO

7:00-7:50  
7:00 FLEXIBILITY FLOW

8:00-8:50  
8:00 YOGA PILATES

9:00-9:20  
9:00 CIRCUITO CON DISCO

9:30-10:20  
9:30 TOTAL TONE

10:40-11:30  
10:40 SKILL CODED INTERV.

11:30-12:20  
11:30 KARATE FIGHT

12:30-13:20  
12:30 YOGA PILATES

14:00-14:50  
14:00 KOMBAT

15:00-15:50  
15:00 POSTURAL

16:00-16:50  
16:00 LATIN DANCE

17:00-17:50  
17:00 HIP HOP

18:00-18:50  
18:00 FUNZIONALE

19:00-19:50  
19:00 PUMP

20:00-20:30  
20:00 ABS

20:45-21:00  
20:45 FUNZIONALE

21:30-22:20  
21:30 STEP COREOGRAFICO

## DOMENICA

7:00-7:50  
7:00 EASY PILATES

8:00-8:20  
8:00 STEP

8:30-9:20  
8:30 PUMP

9:30-10:20  
9:30 LADDER TOTAL BODY

14:00-14:50  
14:00 TOTAL TONE

15:00-15:50  
15:00 PUMP

16:00-16:50  
16:00 PILATES RING

17:00-17:50  
17:00 CIRCUIT TRAINING

18:00-18:50  
18:00 AERODANCE

19:00-19:40  
19:00 TABATA&CIRCUIT

20:00-20:30  
20:00 ABS

20:30-21:20  
20:30 GAG

21:30-22:20  
21:30 YOGA FLOW