

# ORARI CORSI VIRTUALI

Action Fit Carate Brianza

## LUNEDI'

8:10-9:00  
**8:10 POSTURAL**

14:00-14:50  
**14:00 GINNASTICA DOLCE**

15:00-15:50  
**15:00 MOBILITY BASIC**

16:00-16:50  
**16:00 MOBILITY&CORE**

17:00-17:25  
**17:00 ABS CIRCUIT**

22:00-22:50  
**22:00 YOGA FOR EVERYBODY**

## MARTEDI'

8:15-9:00  
**8:15 PILATES CON FITBALL**

11:00-11:50  
**11:00 ENERGY PUMP**

12:00-12:50  
**12:00 FULL GAG**

13:00-13:25  
**13:00 FULL ABDOMINAL**

13:30-14:20  
**13:30 TOTAL TONE**

14:30-15:20  
**14:30 FUNNY STEP**

15:30-16:20  
**15:30 WARRIOR FIGHT**

16:40-17:30  
**16:40 STEP COREOGRAFICO**

17:00-17:50  
**17:00 GAG**

20:30-21:20  
**20:30 PILATES CON FITBALL**

21:30-21:50  
**21:30 SHOULDER SRETCHING**

22:00-22:20  
**22:00 LOWER BACK STRET.**

## MERCOLEDI'

7:10-8:00  
**7:10 POSTURAL**

8:10-9:00  
**8:10 FIGHT KOMBAT**

11:00-11:50  
**11:00 FULL GAG**

12:00-12:25  
**12:00 ABS CIRCUIT**

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

16:00-16:50  
**16:00 ENERGY PUMP**

17:00-17:25  
**17:00 FULL AMBDOMINAL**

20:30-21:20  
**20:30 PILOGA**

21:30-22:20  
**21:30 YOGA FOR EVERYBODY**

## GIOVEDI'

7:30-7:55  
**7:30 FULL ABDOMINAL**

8:00-8:50  
**8:00 POSTURAL**

11:30-12:20  
**11:30 ENERGY PUMP**

14:00-14:50  
**14:00 FIGHT KOMBAT**

15:00-15:50  
**15:00 STEP 4 ALL**

16:00-16:50  
**16:00 FULL GAG**

17:00-17:20  
**17:00 STRETCHING TOTAL BODY**

20:00-20:50  
**20:00 YOGA FOR EVERYBODY**

21:00-21:50  
**21:00 LATIN DANCE**

22:00-22:20  
**22:00 LOWER BACK STRET.**

## VENERDI'

7:10-8:00  
**7:10 YOGA FOR EVERYBODY**

8:10-9:00  
**8:10 TOTAL BODY WORKOUT**

11:00-11:50  
**11:00 STEP COREOGRAFICO**

12:00-12:20  
**12:00 STRET. TOTAL BODY**

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

13:30-14:20  
**13:30 JUMP TONE**

14:30-15:20  
**14:30 FULL GAG**

15:30-16:20  
**15:30 FIGHT KOMBAT**

16:30-17:20  
**16:30 ENERGY PUMP**

17:30-17:50  
**17:30 STRET. TOTAL BODY**

21:00-21:50  
**21:00 YOGA FOR EVERYBODY**

22:00-22:50  
**22:00 TOTAL TONE**

## SABATO

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

9:30-10:20  
**9:30 CIRCUITO JUMPER**

10:30-11:20  
**10:30 FUNC. KOMBAT**

11:30-11:55  
**11:30 MATCON**

12:00-12:25  
**12:00 FULL ABDOMINAL**

12:30-13:20  
**12:30 HIP HOP**

13:30-14:20  
**13:30 STEP COREOGRAFICO**

14:30-15:20  
**14:30 FUNC. STEP**

15:30-16:20  
**15:30 AERO DANCE**

16:30-17:20  
**16:30 CIRCUITO JUMPER**

17:30-18:20  
**17:30 AERO DANCE**

18:30-19:20  
**18:30 LATIN DANCE**

19:30-19:50  
**19:30 STRET. TOTAL BODY**

## DOMENICA

8:10-9:00  
**8:10 MOBILITY TONE**

9:10-10:00  
**9:10 ENERGY PUMP**

10:10-11:00  
**10:10 PILOGA**

11:10-12:00  
**11:10 FIGHT KOMBAT**

12:10-13:00  
**12:10 FULL GAG**

13:00-13:50  
**13:00 CIRCUITO JUMPER**

14:00-14:50  
**14:00 EVERYBODY TOT. BODY**

15:00-15:50  
**15:00 BASIC STEP**

16:00-16:50  
**16:00 CIRCUITO JUMPER**

17:00-17:25  
**17:00 MATCON**

17:25-17:50  
**17:25 MATCON**

18:00-18:50  
**18:00 STEP 4 ALL**

19:00-19:50  
**19:00 CIRCUITO JUMPER**

La direzione di Action Fit si riserva la facoltà di modificare gli orari di apertura e chiusura del Centro, la programmazione dei Corsi e quella degli istruttori per esigenze organizzative