

Planning Corsi - PADERNO

LUNEDÌ

DONATELLA
TOTAL BODY
09:30 - 10:30

DONATELLA
PILATES CLASSIC
10:30 - 11:30

CARLOS
TONIFICAZIONE
17:30 - 18:30

CARLOS
CROSS TRAINING
18:30 - 19:30

ALEX
FIT BOXE
19:30 - 20:30

MARTEDÌ

SIMONA
POSTURALE MOBILITY
10:30 - 11:30

SIMONA
FUNCTIONAL TRAINING
11:30 - 12:30

SIMONA
FULL BODY
12:30 - 13:45

DONATELLA
TOTAL BODY
17:30 - 18:15

DONATELLA
PILATES ATHLETIC
18:15 - 19:00

AURORA
FIT DANCE
19:00 - 20:00

MERCOLEDÌ

DONATELLA
CARDIO GAG
09:30 - 10:15

DONATELLA
STRETCHING & BREATH
10:15 - 11:00

KATIA
FUNCTIONAL STEP
12:30 - 13:30

ALEX
MILITARY WORKOUT
18:45 - 19:30

ALEX
FIT COMBAT
19:30 - 20:30

GIOVEDÌ

DONATELLA
POSTURALE
10:30 - 11:30

DONATELLA
UPPER BODY
11:30 - 12:30

DONATELLA
PILATES ATHLETIC
12:30 - 13:30

KATIA
TABATA + ABS
17:30 - 18:30

KATIA
CIRCL MOBILITY
18:30 - 19:30

KATIA
ZUMBA
19:30 - 20:30

VENERDÌ

SIMONA
PILATES FUNDAMENTAL
10:30 - 11:30

SIMONA
TOTAL BODY
11:30 - 12:30

SIMONA
METABOLIC TRAINING
12:30 - 13:45

CARLOS
FUNZIONALE
18:15 - 19:15

CARLOS
GAG
19:15 - 20:15