

# Planning Corsi - PADERNO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
DONATELLA <b>TOTAL BODY</b> 09:30 - 10:30	SIMONA <b>POSTURALE MOBILITY</b> 10:30 - 11:30	DONATELLA <b>CARDIO GAG</b> 09:30 - 10:15	DONATELLA <b>POSTURALE</b> 10:30 - 11:30	SIMONA <b>PILATES FUNDAMENTAL</b> 10:30 - 11:30
DONATELLA <b>PILATES CLASSIC</b> 10:30 - 11:30	SIMONA <b>FUNCTIONAL TRAINING</b> 11:30 - 12:30	DONATELLA <b>STRETCHING &amp; BREATH</b> 10:15 - 11:00	DONATELLA <b>UPPER BODY</b> 11:30 - 12:30	SIMONA <b>TOTAL BODY</b> 11:30 - 12:30
	SIMONA <b>FULL BODY</b> 12:30 - 13:30	KATIA <b>FUNCTIONAL STEP</b> 12:30 - 13:30	DONATELLA <b>PILATES ATHLETIC</b> 12:30 - 13:30	SIMONA <b>METABOLIC TRAINING</b> 12:30 - 13:30
CARLOS <b>TONIFICAZIONE</b> 17:30 - 18:30	DONATELLA <b>TOTAL BODY</b> 17:30 - 18:15	DONATELLA <b>PILATES</b> 17:45 - 18:45	KATIA <b>TABATA + ABS</b> 17:30 - 18:30	CARLOS <b>FUNZIONALE</b> 18:15 - 19:15
CARLOS <b>CROSS TRAINING</b> 18:30 - 19:30	DONATELLA <b>PILATES ATHLETIC</b> 18:15 - 19:00	ALEX <b>MILITARY WORKOUT</b> 18:45 - 19:30	KATIA <b>CIRCL MOBILITY</b> 18:30 - 19:30	CARLOS <b>GAG</b> 19:15 - 20:15
ALEX <b>FIT BOXE</b> 19:30 - 20:30	AURORA <b>FIT DANCE</b> 19:00 - 20:00	ALEX <b>FIT COMBAT</b> 19:30 - 20:30	KATIA <b>ZUMBA</b> 19:30 - 20:30	

- RELAX
- MEDIA INTENSITÀ
- ALTA INTENSITÀ