

PLANNING CORSI PADERNO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
DONATELLA TOTAL BODY 09:30 - 10:30	SIMONA POSTURALE 10:30 - 11:30		DONATELLA POSTURALE 10:30 - 11:30	SIMONA PILATES WORKOUT 10:30 - 11:30
DONATELLA PILATES AVANZATO 10:30 - 11:30	SIMONA TONIFICAZIONE 11:30 - 12:30	DONATELLA CARDIO STRETCHING 10:30 - 11:30	DONATELLA UPPER BODY 11:30 - 12:30	SIMONA TOTAL BODY 11:30 - 12:30
DONATELLA PILATES BASE 11:30 - 12:30	SIMONA TOTAL CARDIO 12:45 - 13:45	AURORA TOTAL BODY 12:45 - 13:45	DONATELLA PILATES 12:45 - 13:45	SIMONA HIIT TRAINING 12:45 - 13:45
DONATELLA GAG 12:30 - 13:30				
AURORA TONIFICAZIONE 17:30 - 18:30	DONATELLA TOTAL BODY 17:30 - 18:15		MARINA GAG 17:30 - 18:30	AURORA TABATA 18:15 - 19:00
AURORA ABS & STRETCHING 18:30 - 19:30	DONATELLA PILATES 18:15 - 19:00	AURORA CROSS TRAINING 18:45 - 19:30	MARINA PILATES/CIRCL MOBILITY 18:30 - 19:30	AURORA CROSS GLUTEO 19:00 - 19:45
ALEX FIT BOXE 19:30 - 20:30	MARINA ZUMBA 19:00 - 20:00	ALEX FIT BOXE 19:30 - 20:30	MARINA FIT DANCE 19:30 - 20:30	AURORA TOTAL BODY 19:45 - 20:30