

PLANNING CORSI PADERNO

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
DONATELLA TOTAL BODY 09:30 - 10:30	SIMONA POSTURALE 10:30 - 11:30		DONATELLA POSTURALE 10:00 - 11:00	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 11:00 - 12:00	SIMONA TOTAL BODY 11:30 - 12:30
DONATELLA ANTALGICA 11:30 - 12:30	SIMONA TOTAL CARDIO 12:45 - 13:45	CARLOS TOTAL BODY 12:45 - 13:45	DONATELLA PILATES 12:30 - 13:30	SIMONA HIIT TRAINING 12:45 - 13:45
DONATELLA GAG 12:30 - 13:30				
CARLOS TONIFICAZIONE 17:30 - 18:30	DONATELLA TOTAL BODY 17:30 - 18:15		MARINA GAG&STRONG 17:30 - 18:30	CARLOS TABATA 18:15 - 19:00
CARLOS ABS & STRETCHING 18:30 - 19:30	DONATELLA PILATES 18:15 - 19:00	ALEX FIT COMBAT 18:45 - 19:30	MARINA PILATES/CIRCL MOBILITY 18:30 - 19:30	CARLOS 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	CARLOS MAMACITA 19:45 - 20:30