

## PLANNING CORSI **ZERO10** STAGIONE SPORTIVA **2019**

PLANNING CORSI <b>ZERO10</b> STAGIONE SPORTIVA <b>2019</b>									
LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'	
9.25-10.15 TOTAL BODY 🏋️		9.30-10.20 GINN. DOLCE 🏃				9.25-10.15 INTERVAL STEP 🏋️		9.30-10.20 GINN. DOLCE 🏃	
10.25-11.15 POSTURAL TONIC 🏃				10.00-11.00 YOGA 🏃		10.25-11.15 POSTURAL TONIC 🏃			
	13.05-13.55 CIRCUIT WALK & PUMP	12.55-13.45 TOTAL BODY 🏋️		13.05-13.55 CIRCUIT TONE 🏋️			12.55-13.45 WALKING ♥ EVOLUTION		
16.30-17.20 G.A.G. 🏋️			PRE ATLETICA		16.30-17.20 G.A.G. 🏋️		PRE ATLETICA		PRE ATLETICA
17.25-18.15 POSTURAL TR. <small>(max 11 pers)</small> 🏃	18.20-19.15 POSTURAL MINIGROUP(UP)	17.30-18.20 DYNAMIC POSTURAL 🏃		17.25-18.20 POSTURAL MINIGROUP			18.30-19.30 POSTURAL MINIGROUP(UP)		
18.20-19.10 G.A.G. 🏋️	18.25-19.15 WALKING ♥	18.25-19.15 STEP ♥		18.20-19.10 POSTURAL TR. <small>(max 11 pers)</small> 🏃	18.15-19.05 YOGA FIT <small>(max 10 pers)</small> 🏃	18.20-19.10 GAG 🏋️	18.20-19.10 YOGA FIT <small>(max 10 pers)</small> 🏃	18.10-19.00 PILATES 🏃	18.20-19.10 WALK & TONE ♥ 🏋️
19.20-20.10 PILATES 🏃	19.25-20.15 WALKING ♥ EVOLUTION	19.20-20.10 TOTAL BODY WORKOUT 🏋️	19.20-20.10 WALK & TONE ♥ 🏋️	19.20-20.10 POSTURAL 🏃	19.00-20.00 TAC FIT <small>Area Functional</small>	19.20-20.10 TOTAL BODY WORKOUT 🏋️	19.15-20.05 WALKING ♥	19.15-20.05 FUNCTIONAL GAG 🏋️	
20.10-21.00 POWER PUMP 🏋️	20.25-21.25 HATA YOGA 🏃	20.15-21.05 FIT BOXE ♥ 🏋️		20.10-21.00 CIRCUIT PUMP 🏋️		20.15-21.15 HATA YOGA 🏃	20.10-21.00 WALKING ♥ EVOLUTION	20.10-21.00 FIT BOXE ♥ 🏋️	
19.00-20.00 TAC FIT <small>Area Functional</small>	CORSO SALSA		CORSO SALSA	CORSO SALSA					CORSO SALSA
CORSI ROSSI CLASSIC FIT ♥ LAVORO CARDIO		CORSI CELESTI A PRENOTAZ. CLAS 🏋️ LAVORO TONO		CORSI BLU A PRENOTAZIONE SPECIAL FIT 🏃 LAVORO POSTURALE-OLISTICO		CORSI EXTRA PROGRAMMA			