

	LUN	MAR	MER	GIO	VEN	SAB	DOM
7:00				FUNCTIONAL 45' (Simone) FUNCT. AREA			
9:15	TOTAL BODY (Barbara) ROOM 1		G.A.G (Barbara) ROOM 1		STEP DANCE (Barbara) ROOM 1		
9:30		PILATES TONE (Laura) ROOM 1		PILATES TONE (Laura) ROOM 1		<u>ORE 10:30</u> TOTAL BODY/FUNCT. (Marinella/Simone) ROOM 1	
13:15	JUMP TONE (Barbara) ROOM 1	PILATES TONE (Laura) ROOM 1		PILATES TONE (Laura) ROOM 1	CARDIO TONE (Sara B.) ROOM 1	<u>ORE 11:30</u> STEP DANCE (Marinella) ROOM 1 - 2 VOLTE/MESE	
14:15	FUNCTIONAL 45' (Barbara) FUNCT. AREA		FUNCTIONAL 45' (Simone) FUNCT. AREA		FUNCTIONAL 45' (Simone) FUNCT. AREA		
18:00	CIRCUIT TRAINING (Luca) CAMPO CALCIO/ROOM 1	TOTAL BODY (Marinella) CAMPO CALCIO/ROOM 1	TOTAL BODY (Barbara) CAMPO CALCIO/ROOM 1	CIRCUIT TRAINING (Luca) CAMPO CALCIO/ROOM 1	TOTAL BODY (Sara) CAMPO CALCIO/ROOM 1		
18:00		PILATES TONE (Laura) ROOM 1		PILATES TONE (Laura) ROOM 3			
19:00	FIT BOXE (Luca) ROOM 1	STEP DANCE (Marinella) CAMPO DA CALCIO/ROOM 1	STRETCH 30' (Barbara) CAMPO CALCIO/ROOM 1	FIT BOXE (Luca) ROOM 1			
19:00		CYCLING (Federica) ROOM 3		CYCLING (Sebastian) ROOM 3			
19:30	CYCLING (Sebastian) ROOM 3		CYCLING (Brunella) ROOM 3				
20:00	YOGA KUNDALINI 90' (Samantha) ROOM 1	TOTAL BODY (Carla) ROOM 1	TOTAL BODY (Carla) ROOM 1				

18:00	CALISTHENICS (Mattia) AREA ESTERNA/FUNCT.	BOXE (Mariano) AREA ESTERNA/ROOM 3		CALISTHENICS (Mattia) AREA ESTERNA/FUNCT.	BOXE (Mariano) AREA ESTERNA/ROOM 3		
18:00		FIT CROSSING (Giovanni) AREA ESTERNA/ FUNCT.		THAI BOXE 120' (Vito/Magdi) AREA ESTERNA/ ROOM 3			
18:30	THAI BOXE 120' (Vito/Magdi) AREA ESTERNA/ROOM 3		THAI BOXE 120' (Vito/Magdi) AREA ESTERNA/ROOM 3				
19:00	CALISTHENICS (Mattia) AREA ESTERNA/FUNCT.			CALISTHENICS (Mattia) AREA ESTERNA/FUNCT.	FIT CROSSING (Giovanni) AREA ESTERNA/FUNCT.		
19:00		BOXE (Mariano) AREA ESTERNA/ROOM 3			BOXE (Mariano) AREA ESTERNA/ROOM 3		
20:00		KRAV MAGA 90' (Alessandro) ROOM 3		KRAV MAGA 90' (Alessandro) ROOM 3			
20:00	FIT CROSSING (Giovanni) AREA ESTERNA/FUNCT.	FIT CROSSING (Giovanni) AREA ESTERNA/FUNCT.			FIT CROSSING (Giovanni) AREA ESTERNA/FUNCT.		

È OBBLIGATORIA LA PRENOTAZIONE AI CORSI SUL SITO WWW.JUNIORCLUBRASTIGNANO.IT/PALESTRA

TUTTI I CORSI SI SVOLGERANNO CON UN MINIMO DI 3 PARTECIPANTI