

CORSI FITNESS & OLISTICI PROVVISORI dal 14/09/2020 al 20/09/2020

	LUN	MAR	MER	GIO	VEN	SAB	DOM
7:00				FUNCTIONAL 45' (Simone) FUNCT. AREA			
9:15	TOTAL BODY (Barbara) ROOM 1				TOTAL BODY (Barbara) ROOM 1		
9:30		PILATES TONE (Laura) ROOM 1		PILATES TONE (Laura) ROOM 1			
13:15	CARDIO TONE (Barbara) ROOM 1	PILATES TONE (Laura) ROOM 1		CARDIO TONE (Barbara) ROOM 1			
14:15	FUNCTIONAL 45' (Barbara) FUNCT. AREA		FUNCTIONAL 45' (Simone) FUNCT. AREA		FUNCTIONAL 45' (Simone) FUNCT. AREA		
18:00	CIRCUIT TRAINING (Luca) ROOM 1	TOTAL BODY (Marinella) CAMPO CALCIO/ROOM 1	TOTAL BODY (Barbara) CAMPO CALCIO/ROOM 1	CIRCUIT TRAINING (Luca) ROOM 1	TOTAL BODY (Sara) ROOM 1		
18:00		PILATES TONE (Laura) ROOM 1		PILATES TONE (Laura) ROOM 3			
19:00	FIT BOXE (Luca) ROOM 1 SU PRENOTAZIONE	CYCLING (Federica) ROOM 3	STRETCH 30' (Barbara) CAMPO CALCIO/ROOM 1	CYCLING (Sebastian) ROOM 3			
19:00		STEP DANCE (Marinella) CAMPO DA CALCIO/ROOM 1					
20:00			TOTAL BODY (Carla) ROOM 1		TOTAL BODY (Carla) ROOM 1		

CORSI FIGHT & EXTRA PROVVISORI dal 14/09/2020 al 20/09/2020

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

**E' obbligatoria la prenotazione sul sito www.juniorclubrastignano.it/palestra
Tutti i corsi si svolgeranno con un minimo di 3 partecipanti**

	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		
14:15	FUNCTIONAL 45' (Barbara) FUNCT. AREA		FUNCTIONAL 45' (Simone) FUNCT. AREA	STEP DANCE (Marinella) ROOM 1	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	<u>ORE 20:30</u> 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		
18:30	THAI BOXE (Vito/Magdi) AREA ESTERNA/ROOM 3	<u>ORE 18:00</u> FIT CROSSING (Giovanni) AREA ESTERNA/FUNCT.	THAI BOXE (Vito/Magdi) AREA ESTERNA/ROOM 3	<u>ORE 18:00</u> THAI BOXE (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		THAI BOXE (Vito/Magdi) AREA ESTERNA/ROOM 3	BOXE (Mariano) AREA ESTERNA/ROOM 3		
19:30	THAI BOXE (Vito/Magdi) AREA ESTERNA/ROOM 3		THAI BOXE (Vito/Magdi) 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.		