

# orario corsi corpea 2010

LUNEDI			
ora	sala A	sala B	spinning
8.00-9.00	Risveglio muscolare 8,00-9,00 <b>annalisa</b>		
9.00-10.00	G.A.G. 9,00-10,00 <b>annalisa</b>	Energy 9,00-10,00 <b>franco</b>	
10.00-10.45	pilates 10,00-10,45 <b>annalisa</b>		
11.00-12.00		<b>miniclass</b> addome 11,00	
12.00-13.00	Gym Music 12,00-13,00 <b>annarita</b>		
13.30-14.30	Total Body 13,30-14,30 <b>annarita</b>	prepugilistica 13,30-14,30 <b>franco</b>	13,30-14,15 <b>siro</b>
15.30-16.30	Body Sculpt 15,30-16,30 <b>alessandra</b>		
17.00-18.00	<b>miniclass</b> gambe glutei 17,00-17,30	circuito 17,30-18,30 <b>franco</b>	
18.00-19.00	Gym & Gag 18,00-19,00 <b>marzia</b>	<b>miniclass</b> 18,30- 19,00	
19.00-20.00	Total body 19,00-20,00 <b>eleonora</b>	Step 19,00-20,00 <b>marzia</b>	19,15-20,00 <b>francesca</b>
20.00-21,00	M.E.T. 20,00-21,00 <b>famiano</b>	Hip Hop new style 20,00-21,15 <b>enzo</b>	
21,00-22,00	Pilates 21,00-22,00 <b>famiano</b>	Hip Hop old school 21,15-22,30 <b>enzo</b>	
22,00-22,30			

MERCOLEDI		
sala A	sala B	spinning
Risveglio muscolare 8,00-9,00 <b>annalisa</b>		
total body 9,00-10,00 <b>annalisa</b>		9,00-9,45 <b>gianfranco</b>
posturale 10,00-10,45 <b>annalisa</b>	<b>miniclass</b> addome 10,00	
Tone & gag 12,00-13,00 <b>annarita</b>		
Total Body 13,30-14,30 <b>annarita</b>	circuito 13,30-14,30 <b>alessandra</b>	13,30-14,15 <b>siro</b>
Body Sculpt 15,30-16,30 <b>alessandra</b>		
<b>miniclass</b> gambe glutei 17,00-17,30	fit boxe 17,30-18,30 <b>franco</b>	
Gym & Gag 18,00-19,00 <b>marzia</b>	<b>miniclass</b> 18,30- 19,00	
Total body 19,00-20,00 <b>eleonora</b>	Step 19,00-20,00 <b>marzia</b>	19,15-20,00 <b>francesca</b>
Pump 20,00-21,00 <b>famiano</b>	Hip Hop new style 20,00-21,15 <b>enzo</b>	
Postural training 21,00-22,00 <b>famiano</b>	Hip Hop old school 21,15-22,30 <b>enzo</b>	

VENERDI		
sala A	sala B	spinning
Risveglio muscolare 8,00-9,00 <b>annalisa</b>		
tone up 9,00-10,00 <b>annalisa</b>		9,00-9,45 <b>gianfranco</b>
body & mind 10,00-10,45 <b>annalisa</b>	<b>miniclass</b> addome 10,00	
Gym Music 12,00-13,00 <b>annarita</b>		
Total Body 13,30-14,30 <b>annarita</b>	prepugilistica 13,30-14,30 <b>franco</b>	13,30-14,15 <b>siro</b>
Total Body 15,30-16,30 <b>alessandra</b>		
<b>miniclass</b> gambe glutei 17,00-17,30	fit boxe 17,30-18,30 <b>franco</b>	
step & tone 18,00-19,00 <b>marzia</b>	<b>miniclass</b> 18,30- 19,00	
Pump 19,00-20,00 <b>famiano</b>	Step 19,00-20,00 <b>marzia</b>	19,00-19,45 <b>francesca</b>
Pilates 20,00-21,00 <b>famiano</b>	<b>miniclass</b> <b>iron power</b> 20,00	

	MARTEDI			GIOVEDI			SABATO		
ora	sala A	sala B	spinning	sala A	sala B	spinning	sala A	sala B	spinning
8,00-9,00			8,00-8,45 alessandro			8,00-8,45 alessandro			
9.00-10.00	Tone 9,00-10,00 eleonora			Gym & gag 9,00-10,00 eleonora					
10.00-11,00	Latinfitness 10,00-11,00 lora			Latinfitness 10,00-11,00 lora			Gym Gag 10,00-11,00 alessandra		
11,00-12,00		cardiotraining 11,00-12,00 alessandro			cardiotraining 11,00-12,00 alessandro			miniclass 11,00	11,30-12,15 gianfranco
13.30-14.30	Pump 13,30-14,30 barbara		13,30-14,15 gianfranco	Total body 13,30-14,30 barbara		13,30-14,15 gianfranco	step-tone 13,30-14,30 annalisa		
14,30-15,30	Pancafit 14,30-15,15 barbara			Posturale 14,30-15,15 barbara				miniclass 15,30	
15.30-16.30									
17,00-18,00	Pilates 17,00-18,00 simone	miniclass iron power 17,00		Pilates 17,00-18,00 susanna	miniclass iron power 17,00		miniclass 17,00		
18,00-19,00	total work out 18,00-19,00 margarita	circuit-combat 18,00-19,00 fabio		total work out 18,00-19,00 margarita	circuit-combat 18,00-19,00 fabio				
19,00-20,00	step-tone 19,00-20,00 annalisa	Pilates 19,00-20,00 margarita	19,00-19,45 Fabio P.	aerobica -gag 19,00-20,00 annalisa	Pilates 19,00-20,00 margarita	19,00-19,45 Fabio P.			
20.00-21,00	cardio- tone 20,00-21,00 annalisa			step- tone 20,00-21,00 annalisa					
21.00-22.00	Salsa c. base 21,00-22,30 fabio	pre-pugilistica 20,30-21,30 fabio		Salsa intermedio 21,00-22,30 fabio	pre-pugilistica 20,30-21,30 fabio		FITNESS	MINICLASS 30 min.	SPINNING 45 min.
22.00-22,30							POSTURALE	DANZA	Lezioni con contenuti tecnici

nel corso dell'anno gli orari subiscono delle variazioni