

Attività Sportiva Ginnastica finalizzata alla Salute e al Fitness

LUNEDI			MARTEDI			MERCOLEDI			GIOVEDI			VENERDI			SABATO			DOMENICA		
CrossFit			CrossFit			CrossFit			CrossFit			CrossFit			CrossFit					
07:00	Elisa	Box 1	07:00	Elisa	Box 1	07:00	Mimmo	Box 1	07:00	Elisa	Box 1	07:00	Valentina	Box 1	08:00	On Ramp 2 ore	Box 2			
13:00	Elisa	Box 1	12:00	Valentina	Box 1	13:00	Mimmo	Box 1	12:00	Elisa	Box 1	13:00	Alberto	Box 1						
			16:00	Francesco	Teen				16:00	Francesco	Teen				10:00	Rotazione	Box 1	10:00	Rotazione	Box 1
17:00	Elisa	Box 1	17:00	Francesco	Box 1	17:00	Mimmo	Box 1	17:00	Francesco	Box 1	17:00	Valentina	Box 1	11:00	Rotazione	Box 1	11:00	Rotazione	Box 1
18:00	Elisa	Box 1	18:00	Mimmo	Box 1	18:00	Mimmo	Box 1	18:00	Francesco	Box 1	18:00	Valentina	Box 1						
19:00	Elisa	Box 1	19:00	Mimmo	Box 1	19:00	Mimmo	Box 1	18:00	Elisa	Box 2	19:00	Valentina	Box 1	13:30	On Ramp 2 ore	Box 2			
19:00	Davide B.	Box 2	19:00	Francesco	Box 2	20:00	Mimmo	Box 1	19:00	Elisa	Box 1	20:00	Valentina	Box 1						
20:00	Elisa	Box 1	20:00	Francesco	Box 1	21:00	Mimmo	Box 1	19:00	Francesco	Box 2									
21:00	Elisa	Box 1	21:00	Mimmo	Box 1				20:00	Francesco	Box 2									
									20:00	Elisa	Box 1									
									21:00	Elisa	Box 1									
WorkFit			WorkFit			WorkFit			WorkFit			WorkFit			WorkFit					
09:00	Elisa	Fit				09:00	Mimmo	Fit				09:00	Valentina	Fit	12:00	Rotazione	Fit	12:00	Rotazione	Fit
12:00	Elisa	Fit	13:00	Marco	Fit	12:00	Mimmo	Fit	13:00	Elisa	Fit									
17:00	Nadia	Fit																		
18:00	Nadia	Fit	18:00	Francesco	Fit	18:00	Marco	Fit	18:00	Marco	Fit	18:00	Marco	Fit						
19:00	Valentina	Fit	19:00	Matteo B.	Fit	19:00	Marco	Fit	19:00	Marco	Fit	19:00	Marco	Fit						
20:00	Valentina	Fit	20:00	Mimmo	Fit	20:00	ValeZ	Fit	20:00	Marco	Fit	20:00	Matteo B.	Fit						
21:00	Valentina	Fit																		
Corsi			Corsi			Corsi			Corsi			Corsi			Corsi					
10:00	POSTURAL	Sala 4 Marco 60'	10:00	PILATES	Sala 4 Valentina 60'	10:00	TOTAL BODY	Sala 4 Giada 60'	10:00	PILATES	Sala 4 Laura 60'	10:00	POSTURAL	Sala 4 Marco 60'	10:00	TOTAL BODY	Sala 3 Matteo B. 60'	11:00	SPINNING	Sala 4 Rotazione 60'
			13:00	PILATES	Sala 4 Valentina 60'	13:00	SPINNING	Sala 4 Nicola 60'	13:00	PILATES	Sala 4 Valentina 60'	13:00	SPINNING	Sala 4 Nicola 60'						
13:00	TOTAL BODY	Sala 3 Matteo B. 45'	13:00	CIRCUIT TRAINING	Sala 3 Giada 45'	13:00	TRX	Sala 3 Matteo B. 45'	13:00	CIRCUIT TRAINING	Sala 3 Giada 45'	13:00	FITBOXE	Sala 3 Daniele G. 60'						
13:45	TABATA	Sala 3 Matteo B. 15'	13:45	TABATA	Sala 3 Giada 15'	13:45	TABATA	Sala 3 Matteo B. 15'	13:45	TABATA	Sala 3 Giada 15'									
18:00	PILATES	Sala 4 Valentina 60'	18:15	FAT BURNING	Sala 3 Nadia 45'	18:00	PILATES	Sala 4 Francesca 60'	18:30	ELASTIK FIT	Sala 3 Giada 30'	18:00	PILATES	Sala 4 ValeZ 60'						
19:00	TOTAL BODY	Sala 3 Giada 30'	19:00	TABATA	Sala 3 Nadia 15'	19:00	TOTAL BODY	Sala 3 ValeZ 45'	19:00	TABATA	Sala 3 Giada 15'	19:00	ZUMBA	Sala 3 Matteo B. 60'						
19:30	TABATA	Sala 3 Giada 15'	19:15	TOTAL BODY	Sala 3 Nadia 45'	19:45	TABATA	Sala 3 ValeZ 15'	19:15	CIRCUIT TRAINING	Sala 3 Giada 45'	19:30	SPINNING	Sala 4 Bruno 60'						
19:45	CIRCUIT TRAINING	Sala 3 Giada 45'	20:00	SPINNING	Sala 4 Daniele R. 60'	20:00	FITBOXE	Sala 3 Matteo G. 60'	19:30	SPINNING	Sala 4 Piero 60'									
19:30	SPINNING	Sala 4 Andrea 60'	20:00	ZUMBA	Sala 3 Matteo B. 60'	19:30	SPINNING	Sala 4 Bruno 60'												
Speciali			Speciali			Speciali			Speciali			Speciali			Speciali					
15:30	DANZA 11	90'				14:45	DANZA 11	90'							11:00	KENDO	Sala 3 Giacomo 90'			
17:00	DANZA 8	90'				16:15	DANZA 3	45'												
	Silvia - Sala 3					17:00	DANZA 8	90'												
20:30	KRAV MAGA	Sala 3 Cesare 60'				20:30	STAR BIKE	Sala 4 Bruno 60'				20:30	STAR SPIN	Sala 4 Bruno 60'						
20:35	WING TSUN	Sala 4 Andrea 90'							20:35	WING TSUN	Sala 4 Andrea 90'									

STAR BODY
PALESTRE

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Società Sportiva Dilettantistica
Registro Coni n. 230113

dal 19/02/18