

Corsi Fitness dal 8 Gennaio al 30 marzo 2018

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
Sala Malibù	08:30	08:30	09:00	09:00	09:00
	Stretching 30' <i>Fabio</i>	Stretching 30' <i>Simona</i>	Well Fit Ball <i>Fabio</i>	Well Fit Ball <i>Fabio</i>	Total body c. <i>Alex</i>
	09:00	09:00	10:00	10:00	10:00
	Well Fit Ball <i>Fabio</i>	Total Body <i>Alex</i>	Well Definition <i>Fabio</i>	Well Definition <i>Fabio</i>	Pilates Fusion <i>Alex</i>
	10:00	10:00	11:00	11:00	11:00
	Well Postural <i>Fabio</i>	G.A.G. 2 <i>Alex</i>	Well Fit Ball <i>Fabio</i>	Pilates Fusion <i>Cecilia</i>	Piloga <i>Laura</i>
	11:00	11:00	12:00	12:00	13:00
	Aerobic Dance BASE <i>Patrizia</i>	Piloga <i>Laura</i>	Tai Chi 2 <i>Alessandro S.</i>	Stretching Fasciale <i>Cecilia</i>	G.A.G. 1 30' <i>Homar</i>
	11:45	13:00	13:00	13:00	13:30
	Step Dance BASE <i>Patrizia</i>	Push Power <i>Franco</i>	Total Body co. <i>Patrizia</i>	Well Fit ball <i>Franco</i>	Corpo Libero 30' <i>Homar</i>
	12:30	14:30	14:00	14:30	14:00
	Well Training 90' <i>Maria Laura</i>	Pilates Fusion <i>Franco</i>	G.A.G. 1 60' <i>Maria Laura</i>	Pilates Fusion <i>Franco</i>	Cardio Training <i>Homar</i>
14:00	16:00	15:00	15:30	15:00	
Stretching 30' <i>Maria Laura</i>	Well Definition <i>Fabio</i>	Well Definition <i>Maria Laura</i>	Total Body co. <i>Franco</i>	Pilates Fusion <i>Homar</i>	
15:30	17:00	16:00	18:15	16:00	
G.A.G. 2 <i>Luigi</i>	Piloga <i>Franco</i>	Corpo Libero 30' <i>Luigi</i>	Aerobic Dance <i>Francesco</i>	Piloxing <i>Homar</i>	
16:30	18:00	16:30	19:15	18:00	
Stretching 30' <i>Luigi</i>	Well Training 90' <i>Francesco</i>	Stretching <i>Luigi</i>	Step Dance <i>Francesco</i>	Piloga <i>Franco</i>	
17:00	19:30	17:00	20:15	19:00	
Piloga <i>Luigi</i>	Aerobic Dance <i>Francesco</i>	Well Definition <i>Luigi</i>	Cardio Training <i>Francesco</i>	Fit Boxe <i>Franco</i>	
18:30	20:30	18:30		20:00	
Step Dance <i>Riccardo</i>	Well Definition <i>Francesco</i>	Athletic Training <i>Simona</i>		Push Power <i>Franco</i>	
19:30		19:30			
Pilates Fusion <i>Riccardo</i>		Aerobic Dance <i>Alex</i>			
20:30		20:30			
Push power <i>Simona</i>		Push Power <i>Alex</i>			

Sala Venice	09:00	09:00	09:00	09:00	09:00
	Corpo Libero 50' <i>Maria Laura</i>	Well Postural <i>Simona</i>	Well Postural <i>Michele</i>	Corpo Libero 45' <i>Cecilia</i>	Well Postural 45' <i>Laura</i>
	09:45	10:00	09:45	09:45	10:00
	Stretching 15' <i>Maria Laura</i>	Tone Gym <i>Laura</i>	Corpo Libero 45' <i>Michele</i>	Stretching 15' <i>Cecilia</i>	Well Tone <i>Laura</i>
	10:00	11:00	10:30	10:00	18:15
	Well Definition <i>Maria Laura</i>	Zumba <i>Monica</i>	Stretching 30' <i>Michele</i>	Well Postural <i>Cecilia</i>	Zumba <i>Armando</i>
	12:00	13:00	11:00	13:00	19:15
	Stretching <i>Maria Laura</i>	Pilates fusion <i>Laura</i>	Tai Chi 1 <i>Alessandro S.</i>	G.A.G.2 <i>Laura</i>	Zumba Strong <i>Armando</i>
18:15	18:00	18:15	18:00		
Athletic Training 50' <i>Simona</i>	Functional training <i>Franco</i>	C. Libero/Stretch. <i>Luigi</i>	Aerobic Dance BASE <i>Francesca</i>		
19:15	19:00	19:15	18:30		
G.A.G. 2 <i>Simona</i>	Stretching 15' <i>Franco</i>	Total Body Co. <i>Simona</i>	Step Dance BASE <i>Francesca</i>		
20:15	19:15	20:15	19:00		
Ashtanga Yoga <i>Francesca</i>	Aerobic Dance BASE <i>Francesca</i>	G.A.G. 2 <i>Simona</i>	Zumba <i>Armando</i>		
	19:45		20:00		
	Step Dance BASE <i>Francesca</i>		Athletic Training 45' <i>Simona</i>		
	20:15		20:45		
	G.A.G. 2 <i>Francesca</i>		Well Postural 50' <i>Simona</i>		

Piscina	11:00	11:00	09:30	11:00	11:00
	Aqua Fitness <i>francesco</i>	Aqua Dynamics <i>Luis</i>	Aqua Dynamics <i>Francesco</i>	Aqua Dynamics <i>Francesco</i>	Aqua Fitness <i>Luis</i>
	15:00	19:30	11:00	19:30	15:00
	Aqua Combat <i>Andrea</i>	Cardio fish 45' <i>Rossana</i>	Aqua Fitness <i>Francesco</i>	Aqua Well <i>Cristina</i>	Aqua Well <i>Andrea</i>
19:30	20:15	15:00		19:30	
Aqua G.A.G <i>Cristina</i>	Water & Tone 45' <i>Rossana</i>	Aqua Well <i>Vito</i>		Cardio Fish 45' <i>Rossana</i>	
		19:30			
		Aqua Fitness <i>Cristina</i>			

bassa intensità
 media intensità
 alta intensità

la wellness

via Tagliamento, 19 Milano tel. 02-5691181

www.lawellness.it

La direzione tecnica si riserva il diritto di apporre delle variazioni al palinsesto esposto