

# Corsi Fitness dal 10 settembre al 16 dicembre 2018

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

Sala Venice	09:00 <b>Corpo Libero 50'</b> <i>Maria Laura</i>	09:00 <b>Well Postural</b> <i>Simona</i>	09:00 <b>Well Postural</b> <i>Michele</i>	09:00 <b>Corpo Libero 45'</b> <i>Cecilia</i>	09:00 <b>Well Postural 45'</b> <i>Laura</i>
	09:45 <b>Stretching 15'</b> <i>Maria Laura</i>	10:00 <b>Tone Gym</b> <i>Laura</i>	09:45 <b>Corpo Libero 45'</b> <i>Michele</i>	09:45 <b>Stretching 15'</b> <i>Cecilia</i>	10:00 <b>Well Tone</b> <i>Laura</i>
	10:00 <b>Well Definition</b> <i>Maria Laura</i>	11:00 <b>Zumba</b> <i>Monica</i>	10:30 <b>Stretching 30'</b> <i>Michele</i>	10:00 <b>Well Postural</b> <i>Cecilia</i>	11:00 <b>Zumba</b> <i>Giulia</i>
	12:00 <b>Stretching</b> <i>Maria Laura</i>	13:00 <b>Pilates fusion</b> <i>Laura</i>	11:00 <b>Tai Chi 1</b> <i>Alessandro S.</i>	13:00 <b>G.A.G.2</b> <i>Laura</i>	18:15 <b>Zumba</b> <i>Armando</i>
	18:15 <b>Athletic Training 50'</b> <i>Simona</i>	18:00 <b>Functional training</b> <i>Franco</i>	18:15 <b>C. Libero/Stretch.</b> <i>Luigi</i>	18:00 <b>Total body c.</b> <i>Francesca</i>	19:15 <b>Zumba Strong</b> <i>Armando</i>
	19:15 <b>G.A.G. 2</b> <i>Simona</i>	19:00 <b>Stretching 15'</b> <i>Franco</i>	19:30 <b>Aerobic Dance</b> <i>Francesca C</i>	19:00 <b>Zumba</b> <i>Armando</i>	
	20:15 <b>Ashtanga Yoga</b> <i>Francesca</i>	19:15 <b>Aerobic Dance</b> BASE <i>Francesca</i>	20:00 <b>NEW Core Training</b> <i>Simona</i>	20:00 <b>Athletic Training 45'</b> <i>Simona</i>	
		19:45 <b>Step Dance</b> BASE <i>Francesca</i>	21:00 <b>G.A.G. 2</b> <i>Simona</i>	20:45 <b>Well Postural 50'</b> <i>Simona</i>	
	20:15 <b>G.A.G. 2</b> <i>Francesca</i>				

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

bassa intensità
  media intensità
  alta intensità

## la wellness®

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[www.lawellness.it](http://www.lawellness.it)

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