

Corsi Fitness dal 3 al 7 settembre 2018

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

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

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

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