

Planning Corsi - PADERNO

LUNEDÌ

DONATELLA
TOTAL BODY
09:30 - 10:30

DONATELLA
PILATES
10:30 - 11:30

CARLOS
TONIFICAZIONE
17:30 - 18:30

CARLOS
ABS & STRETCHING
18:30 - 19:30

ALEX
FIT BOXE
19:30 - 20:30

MARTEDÌ

SIMONA
POSTURALE
10:30 - 11:30

SIMONA
TONIFICAZIONE
11:30 - 12:30

SIMONA
TOTAL CARDIO
12:45 - 13:45

DONATELLA
TOTAL BODY
17:30 - 18:15

DONATELLA
PILATES
18:15 - 19:00

AURORA
FIT DANCE
19:00 - 20:00

MERCOLEDÌ

DONATELLA
CARDIO STRETCHING
10:30 - 11:30

CARLOS
ZUMBA TON
12:30 - 13:30

ALEX
FIT COMBAT
18:45 - 19:30

ALEX
FIT BOXE
19:30 - 20:30

GIOVEDÌ

DONATELLA
POSTURALE
10:00 - 11:00

DONATELLA
UPPER BODY
11:00 - 12:00

DONATELLA
PILATES
12:30 - 13:30

KATIA
GAG&STRONG
17:30 - 18:30

KATIA
PILATES/CIRCL MOBILITY
18:30 - 19:30

KATIA
ZUMBA
19:30 - 20:30

VENERDÌ

SIMONA
PILATES WORKOUT
10:30 - 11:30

SIMONA
UPPER BODY
11:30 - 12:30

SIMONA
HIIT TRAINING
12:45 - 13:45

CARLOS
TABATA
18:15 - 19:15

CARLOS
CROSS GLUTEO
19:15 - 20:15