

PLANNING CORSI FITNESS LODI

LUN	MAR	MER	GIO	VEN
POSTURALE 10.00/11.00			POSTURALE 10.00/11.00	
			HIIT 18.00/18.30	
CROSS TRAINER 18.30/19.15	CROSS TRAINER 18.30/19.00	PILATES 18.30/19.15	ABS 18.30/19.00	
GAG 19.15/20.00	UPPER BODY 19.00/19.30	FIT-BOX 19.15/20.00	FULL BODY 19.00/19.45	MILITARY WORKOUT 19.00/20.00
	LEGS and BUTT 19.30/20.00			

PLANNING CORSI FITNESS CREMA

LUN	MAR	MER	GIO	VEN
		PILATES 9.00/10.00		ABS 9.00/9.30
PILATES 17.30/18.30				POSTURALE 9.30/10.30
ABS 18.30/19.00	ABS 18.30/19.00		GAG 18.30/19.15	
FULL BODY 19.00/19.45	CIRCUIT TRAINING 19.00/19.45	UPPER BODY 19.30/20.00	FULL BODY 19.15/20.00	PILATES 18.30/19.15
HIIT + GLOBAL STRETCHING 19.45/20.30		LEGS and BUTT 20.00/20.30		
		PILATES 20.30/21.30		

PLANNING POLE DANCE LODI

LUN	MAR	MER	GIO	VEN	SAB
					POLE DANCE (livello principiante) 10.30/11.45
					POLE DANCE (livello intermedio) 11.45/13.00
	POLE DANCE (livello principiante) 16.00/17.15			POLE DANCE (livello principiante) 16.00/17.15	
POLE DANCE (livello intermedio) 20.00/21.15		POLE DANCE (livello intermedio) 20.00/21.15	POLE DANCE (livello intermedio) 20.00/21.15		
POLE DANCE (livello intermedio) 21.15/22.30		POLE DANCE (livello intermedio) 21.15/22.30	POLE DANCE (livello intermedio) 21.15/22.30		

PLANNING REALTV LODI

LUN	MAR	MER	GIO	VEN	SAB
<p>ON DEMAND 6.00/10.00</p>	<p>ON DEMAND 6.00/18.30</p>	<p>ON DEMAND 6.00/18.30</p>	<p>ON DEMAND 6.00/10.00</p>	<p>ON DEMAND 6.00/19.00</p>	<p>ON DEMAND 6.00/20.00</p>
<p>RVT POSTURALE 10.00/11.00</p>			<p>RVT POSTURALE 10.00/11.00</p>		
<p>ON DEMAND 11.00/18.30</p>	<p>ON DEMAND 11.00/18.00</p>				
<p>RVT ABS 19.00/19.30</p>	<p>RVT HIIT 18.00/18.30</p>				
<p>RVT CROSS TRAINING 18.30/19.15</p>	<p>RVT UPPER BODY 19.00/19.30</p>	<p>RVT PILATES 18.30/19.15</p>	<p>RVT ABS 18.30/19.00</p>		
<p>RVT GAG 19.15/20.00</p>	<p>RVT LEGS and BUTT 19.15/20.00</p>	<p>RVT FIT-BOX 19.15/20.00</p>	<p>RVT FULL BODY 19.00/19.45</p>	<p>RVT MILITAR WORKOUT 19.00/20.00</p>	

PLANNING REALTV CREMA

LUN	MAR	MER	GIO	VEN
ON DEMAND 6.00/17.30	ON DEMAND 6.00/18.30	ON DEMAND 6.00/9.00	ON DEMAND 6.00/18.30	ON DEMAND 6.00/9.00
RVT PILATES 17.30/18.30	RVT ABS 18.30/19.00	RVT PILATES 9.00/10.00	RVT GAG 18.30/19.15	RVT ABS 9.00/9.30
RVT ABS 18.30/19.00	RVT CIRCUIT TRAINING 19.00/19.45	ON DEMAND 10.00/19.30	RVT FULL BODY 19.15/20.00	RVT PILATES 9.30/10.30
RVT FULL BODY 19.00/19.45	ON DEMAND 19.45/21.00	RVT UPPER BODY 19.30/20.00	ON DEMAND 20.00/21.00	ON DEMAND 10.30/18.00
RVT HIIT+STREATCHING 19.45/20.30		RVT LEGS and BUTT 20.00/20.30		RVT PILATES 18.30/19.15
		RVT PILATES 20.30/21.30		ON DEMAND 20.00/21.00