

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		