



## Orari Corsi

### LUNEDI

Orario	Corso
09:30 – 10:15	TOTAL BODY
10:30 - 11:15	PILATES
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING
13:30	VIRTUAL TRAINING
15:00	VIRTUAL TRAINING
16:00 – 17:00	TAEKWONDO I T
17:00 – 18:00	TAEKWONDO II T.
18:15 – 19:00	PILATES I LIVELLO
19:15 – 20:00	FULL TONIC
20:00 – 20:45	BODY TONE
20:00 – 21:00	CROSS-TRAINING
21:00 – 22:00	FUNCTIONAL TRAINING

### MARTEDI

10:30	VIRTUAL TRAINING
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING
14:30 – 16:00	MODERNO CONTEMP.AVANZ
16:00 – 17:30	DANZA CLASSICA
17:30 – 19:00	PREDANZA
19:00 – 19:45	PILATES II LIVELLO
20:00 – 20:45	POWER G.A.G.
21:00 – 21:45	CROSS BOXE

### MERCOLEDI

Orario	Corso
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09:30 – 10:15	TOTAL BODY
10:30	VIRTUAL TRAINING
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING
13:30	VIRTUAL TRAINING
14:30 – 16:00	MODERNO CONTEMP.AVANZ.
16:00 – 17:00	TAEKWONDO I T
17:00 – 18:00	TAEKWONDO II T.
18:00	VIRTUAL TRAINING
19:15 – 20:00	FULL TONIC
20:00 – 20:45	BODY TONE
20:00 – 21:00	CROSS-TRAINING
21:00 – 22:00	FUNCTIONAL TRAINING
20:45 – 22:00	TANGO PRINCIPIANTI
21:45 – 23:00	TANGO AVANZATI

### GIOVEDI

Orario	Corso
10:30	VIRTUAL TRAINING
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING
14:30 – 16:00	LATINO BAMBINI
16:00 – 17:30	DANZA CLASSICA
17:30 – 19:00	PREDANZA
19:00 – 19:45	PILATES II LIVELLO
20:00 – 20:45	POWER G.A.G.
21:00 – 21:45	CROSS BOXE

### VENERDI

Orario	Corso
09:30 – 10:15	TOTAL BODY
10:30 - 11:15	PILATES
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING

13:30	VIRTUAL TRAINING
15:00	VIRTUAL TRAINING
16:00 – 17:00	TAEKWONDO I T
17:00 – 18:00	TAEKWONDO II T.
18:15 – 19:00	PILATES I LIVELLO
19:15 – 20:00	FULL TONIC
20:00 – 20:45	BODY TONE
20:00 – 21:00	CROSS-TRAINING
21:00 – 22:00	FUNCTIONAL TRAINING

### SABATO

Orario	Corso
10:30	VIRTUAL TRAINING
11:30	VIRTUAL TRAINING
12:30	VIRTUAL TRAINING
17:00	VIRTUAL TRAINING
18:00	VIRTUAL TRAINING

### ORARIO PALESTRA

### LUNEDI – MERCOLEDI VENERDI

09:00/23:00

### MARTEDI - GIOVEDI

09:30/23:00

SABATO :09:30-13:30/16:30-19:30

VIA EGIDIO DA CORBEIL

ZONA PARCO PINOCCHIO (FABBRICATO RESIDENCE EUROPA)



0899485984



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