

MASTER///CLUB

CORSI FITNESS

LUNEDI

- **9:00** WAKE UP (Simona)
- **10:00** MOBILITY (Simona)
- **11:00** ACQUAGYM (DanieleC.)
- **11:00** CARDIO FITNESS (Simone I.)
- **12:00** POSTURALE (Simone I.)
- **13:00** CIRCUIT TRAINING (Simone I.)

- **19:00** CARDIO FITNESS (Alessandro)
- **19:00** ACQUAGYM (DanieleC.)

MARTEDI

- **9:00** PILATES (Alberto)
- **10:00** TONIFICAZIONE (Matteo)
- **11:00** MOBILITA' ARTICOLARE (Matteo)
- **13:00** TRX (Matteo)

- **17:50** HATHA YOGA (Nabila)
- **19:00** TRX (Daniele)

MERCOLEDI

- **9:00** BACK PREVENTION (Simone)
- **10:00** ZUMBA (Silvia G.)
- **11:00** GAG (Silvia G.)
- **11:00** ACQUAGYM (DanieleC.)
- **12:00** YOGA (Silvia)
- **13:00** FULL BODY (Simone)

- **18:00** CORE STABILITY (Simona)
- **19:00** FUNCTIONAL (Simona)
- **19:00** ACQUAGYM (Giulia)

GIOVEDI

- **9:00** WAKE UP (Simona)
- **10:00** MOBILITY (Simona)
- **11:00** ACQUAGYM (DanieleC.)
- **11:00** MOVIMENTO LATINO (Daniel)
- **12:00** POSTURALE (Simone I.)
- **13:00** CIRCUIT TRAINING (Simone I.)

- **17:50** HATHA YOGA (Nabila)
- **19:00** TRX (Sergio)

VENERDI

- **9:00** PILATES (Alberto)
- **10:00** CIRCUIT TRAINING (Mattia)
- **11:00** KILLER CRUNCH (Mattia)
- **12:00** YOGA (Silvia)
- **13:00** ZUMBA (Silvia G.)

SABATO

- **11:00** CARDIO FITNESS (Alessandro)
- **12:00** BALL PILATES (Alessandro)