

PLANNING DELLE ATTIVITA' DI GRUPPO

FREETIME SAN FIORANO

LUNEDI'				MARTEDI'				MERCOLEDI'				GIOVEDI'				VENERDI'				SABATO			
9.30	45'	POSTURAL	Angelo	9.30	30'	GAMBE E GLUTEI	Paola	9.30	30'	UPPER BODY	Jessica	9.30	45'	POSTURAL	Alice	9.30	45'	TOTAL BODY	Angelo	9.15	45'	PILATES	Alice
sala 1				10.15	45'			TOTAL BODY	Angelo			10.00	30'			ABDOMINAL	Paola			10.15	45'		
sala 1		13.00	45'	TOTAL BODY	Angelo	10.30	30'			CARDIO DANCE	Paola	13.00	60'	POSTURAL YOGA	Alice			13.00	45'	FUNCTIONAL TRAINING	Matteo	10.00	45'
sala 1		13.00	60'			PANCAFIT	Bene	13.00	45'			FUNCTIONAL TRAINING*	Paola			13.00	60'	POSTURAL YOGA	Alice			13.00	45'
sala 2		17.45	60'	PILATES	Alice			17.00	60'	PSICO MOTRICITA' 3-6 ANNI	Clara			17.00	60'	POSTURAL YOGA	Alice			17.00	60'	FUNCTIONAL TRAINING	Matteo
sala 1		18.45	45'			TOTAL BODY	Vanessa	17.30	45'			GAG	Jessica	17.30	45'			POSTURAL YOGA	Alice	17.30	45'		
sala 1		19.00	60'	SPINNING*	A rotazione			18.15	45'	HATA YOGA	Clara			18.15	45'	POSTURAL YOGA	Alice			18.15	45'	FUNCTIONAL TRAINING	Matteo
sala 3		19.30	30'			ABDOMINAL	Vanessa	18.15	45'			TRAINING CIRCUIT	Max	18.15	45'			POSTURAL YOGA	Alice	18.15	45'		
sala 1		20.00	45'	GAG	Vanessa			19.00	60'	FIT BOXE	Max			19.00	60'	POSTURAL YOGA	Alice			19.00	60'	FUNCTIONAL TRAINING	Matteo
sala 1		20.00	45'			GAG	Vanessa	19.00	60'			FIT BOXE	Max	19.00	60'			POSTURAL YOGA	Alice	19.00	60'		
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Freetime

FREETIME SAN FIORANO - VIA MILANO, 11 (INGRESSO ANCHE DA VIA RAZZETTI)

FREETIME SOMAGLIA - VIA AUTOSTRADA DEL SOLE, 4



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PER ESIGENZE ORGANIZZATIVE IL PLANNING CORSI PUO' SUBIRE VARIAZIONI

I CORSI EVIDENZIATI **NON** SONO COMPRESI NELL'ISCRIZIONE STANDARD

* PRENOTAZIONE OBBLIGATORIA (effettuabile da 7 giorni fino a 60' prima del corso)