


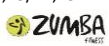




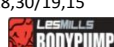
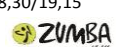
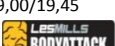
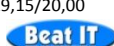
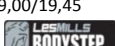






# DAL 31 OTTOBRE AL 30 DICEMBRE 2011

## SALA MOVIMENTO

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
9,30/10,00 		09,45/10,30 <b>TOTAL BODY</b>	09,45/10,30 <b>BRUCIAGRASSI</b>	9,45/10,15 	10,30/12,00 <b>master a rotazione</b>
10,00/10,45 <b>TOTAL TONO</b>		10,30/11,00 	10,30/10,45 <b>STRETCH</b>	10,15/11,00 <b>STEP &amp; TONO</b>	
10,45/11,15 					
13,00/13,45 <b>BRUCIAGRASSI</b>	13,00/13,45 <b>CARDIOTONIC</b>	13,00/13,45 <b>SUPER GAS</b>	12,45/13,30 <b>SPINNING</b>	13,00/13,45 	
17,15/18,00 <b>GYM DOLCE</b>			17,15/18,00 <b>HAPPY GYM</b>		
18,00/18,30 	18,00/18,30 <b>ADDOM + STRETCH</b>	17,45/18,15 	18,00/18,15 <b>ADDOME</b>	18,00/18,30 	
18,30/19,00 <b>GAS</b>	18,30/19,15 	18,15/19,00 <b>TOTAL BODY</b>	18,15/19,00 <b>BRUCIAGRASSI</b>	18,30/19,15 	
19,00/19,45 	19,15/20,00 	19,00/19,45 	19,00/19,45 <b>CARDIODANCE</b>	19,15/20,00 	
	20,00/21,00 <b>SELF DEFENCE</b> 	19,45/21,45 <b>MUAY THAI</b>	19,45/20,15 <b>GAS</b>	20,00/21,00 <b>MUAY THAI</b>	
20,45/22,00 <b>KICK BOXING</b>			20,45/22,00 <b>KICK BOXING</b>		

## SALA EMOZIONE

(PRENOTAZIONE OBBLIGATORIA)

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
9,00/9,45 <b>PILATES</b>		9,00/9,45 <b>POSTURAL</b>	9,00/9,45 <b>PILATES</b>	9,00/9,45 <b>PILATES</b>
		16,45/17,30 <b>PILATES</b>		
18,15/19,00 <b>BOSU</b>	18,30/19,15 <b>POSTURAL</b>	18,15/19,00 <b>PILATES</b>	19,00/19,45 <b>PILATES</b> 	
19,45/20,30 <b>PILATES</b>	19,15/20,00 <b>BOSU</b>	19,45/20,30 <b>PILATES</b>	19,45/20,30 <b>PILATES</b>	19,45/20,30 <b>PILATES</b>
20,30/21,15 <b>PILATES</b>		20,30/21,15 <b>PILATES</b> 		

MARTEDI
10,30/11,15 <b>MAMMA GYM</b>
GIOVEDI
16,15/17,00 <b>MAMMA GYM</b>

I CORSI DELLA SALA EMOZIONE SONO A NUMERO CHIUSO

La direzione si riserva la facoltà di modificare gli orari di apertura e chiusura del Centro, la programmazione delle attività e degli istruttori per qualsivoglia esigenza organizzativa e di adesione della clientela. Nei periodi festivi la programmazione è ridotta.