



PLANNING CORSI 2022

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	
SALA ENERGIA	SALA LUCE	SALA ENERGIA	SALA LUCE	SALA ENERGIA	SALA LUCE	SALA ENERGIA	SALA LUCE	SALA ENERGIA	SALA LUCE	SALA ENERGIA	SALA LUCE
9:30-10:15 TOTAL BODY		9:30-10:30 PILATES		9:30-10:15 FUNCTIONAL TRAINING		9:30-10:15 UPPER TONE		9:30-10:15 HIIT			9:30-10:30 YOGA
10:15-11:00 BALANCE		10:30-11:30 POSTURAL		10:15-11:00 TONE & STRETCH		10:15-11:00 G.A.G.	11:00-12:00 ODAKA YOGA	10:15-11:00 ABS & MOBILITY		10:30-11:30 TOTAL BODY	
										11:30-12:30 POSTURAL	
13:00-13:45 TOTAL BODY				13:00-13:45 ZUMBA		13:00-13:45 PILATES		13:00-13:45 STEP TONE			
18:30-19:15 CARDIO STEP		17:45-18:30 PILATES	18:30-19:15 MILITARY CROSS	18:15-19:00 FLEXABILITY		18:30-19:15 G.A.G.	18:45-19:30 MILITARY CROSS	18:30-19:15 STEP CLASS			
19:15-20:00 TOTAL BODY	19:30-20:30 SPINNING	18:45-19:45 ODAKA YOGA	19:30-20:15 BARBELL STRENGTH SYS	19:00-19:45 PUMP	19:00-20:00 SPINNING	19:15-20:00 HIIT	19:45-20:30 FUNCTIONAL TRAINING	19:15-20:00 PUMP	19:00-20:00 YOGA		
20:00-20:45 PILATES				19:45-20:30 JUMP		20:00-20:45 ABS & MOBILITY					

LEGENDA:

CARDIO	CARDIO-TONE	PILATES / POSTURAL	TONIFICAZIONE	SPINNING	STRENGTH	YOGA
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CORSI SU PRENOTAZIONE.

SI AVVISANO I GENTILI SOCI CHE LA PROGRAMMAZIONE DEI CORSI POTREBBE SUBIRE VARIAZIONI E SOSPENSIONI.
www.monticellospa.it

PER INFORMAZIONI E PRENOTAZIONI

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