



ICOS A.S.D.C.

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Planning CORSI ONLINE 2020 #iomiallenoacasa

inizio corsi: 30 marzo 2020

fine corsi: 04 aprile 2020

| | | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-------|---|---|---|---|---|---|---|
| 9,30 | M A T T I N A | | | | | | 9:30-10:30 HATA YOGA Lorenza |
| 9,45 | | 10:00 - 11:00 PILATES Eleonora | 10:00 - 11:00 PILATES Chiara | 10:00-11:00 HATA YOGA Lorenza | 10:00 - 11:00 PILATES Chiara | 10:00 - 11:00 PILATES Eleonora | 10:00 - 10:45 GAG Patty |
| 10,00 | | | | | | | 10:30-11:15 MAT PILATES Anna |
| 10,15 | | | | | | | 11,15 12:00 BOXE TRAINING Valeria |
| 10,30 | | | | | | | |
| 10,45 | | | | | | | |
| 11,00 | P A U S A | | | | | | |
| 11,15 | | | 11:30 - 12:15 BODY TONE Patty | | 11:15 - 12:00 GYM DANCE Chiara | | |
| 11,30 | | | | | 12:00 - 12:45 GAG Patty | | |
| 11,45 | | | | | | | |
| 12,00 | | | | | | 12:30 - 13:15 YOLATES Anna | |
| 12,15 | | | | | | | |
| 12,30 | | 12:45 - 13:30 GAG Patty | 12:30-13:15 ZUMBA Bruno | 12:45 - 13:30 POWER PILATES Chiara | | | |
| 12,45 | | | 13:00-13:45 MAT PILATES Anna | 13:00 - 13:45 GAG Patty | 13:00-13:45 MAT PILATES Anna | 13:15 - 14:00 Total Body HIIT Patty | |
| 13,00 | | | | | | | |
| 13,15 | | | | | | | |
| 13,30 | 13:30 - 14:15 POWER PILATES Chiara | | | | | | |
| 13,45 | | | | | | | |
| 14,00 | | | | | | | |
| 14,15 | | | | | | | |
| 14,30 | | | | | | | |
| 17,15 | P O M E R I G I O | | 17:30-18:15 TEENAGERS FIT Patty | 17:15-18:00 POUNDFIT Chiara | | | 18:00-18:45 PILATES AVANZATO Eva |
| 17,30 | | | 18,15 19,00 BOXE TRAINING Valeria | 18:00 - 19:00 FITNESS POSTURALE Nataliya | 18:30-19:15 STRONG STRETCHING Anna | 18:00 - 19:00 PILATES Chiara | 18:45 - 19:45 FITNESS POSTURALE Nataliya |
| 17,45 | | 18:30 - 19:15 Total Body HIIT Patty | | 19:00 - 19:45 Total Body HIIT Patty | 19:00 - 19:45 Total Body HIIT Patty | 19:00-19:45 Lady Body Sculpture Eva | 18:30 - 19:15 GAG Patty |
| 18,00 | | | 19:00 - 20:00 STRETCH PILATES Chiara | | | | |
| 18,15 | | | 19:15 - 20:15 VINYASA YOGA FLOW Laurence | | | | |
| 18,30 | | 19:15 - 20:00 POWER PILATES Chiara | | | | 19:15 - 20:15 VINYASA YOGA FLOW Laurence | |
| 18,45 | | | | | | | |
| 19,00 | | | | | | | |
| 19,15 | | | | | | | |
| 19,30 | | | | | | | |
| 19,45 | | | | | | | |
| 20,00 | S E R A | | | | | | |
| 20,15 | | | | | | | |
| 20,30 | | | | | | | |
| 20,45 | | | | | | | |
| 21,00 | | | | | | | |

ULTIMO AGGIORNAMENTO:

28/03/2020

TIA ore 10.20