PLANNING LUGLIO 2019 (dall'1 al 25)

Tel. 02462551
email: reception@icos-palestra.com

		LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI	
		sala 1	sala 2	sala 1	sala 2	sala 1	sala 2	sala 1	sala 2
8,00	MATTINA						Eleonora 8,00-8,45 PILATES		
8,15									
8,30									
8,45					Chiara 9,00-9,45 PILATES		Eleonora 9,00-9,45 STRETCHING		Chiara 9,00-9,45 PILATES
9,00									
9,15									
9,30									
9,45				Eva 10,15 - 11,15 LADY BODY SCULPTURE	Chiara 10,00-10,45 PILATES	Eva 10,15 - 11,15 PILATES AVANZATO		Eva 10,15 - 11,15 FITBALL	Chiara 10,00-10,45 PILATES
10,00									
10,15									
10,30									
10,45									
11,00									
11,15									
11,30		Patty 11:30-12:15 BODY TONE		Patty 11:30-12:15 G.A.G.		Patty 11:30-12:15 BODY TONE		Patty 11:30-12:15 STRETCH-TONE	
11,45									
12,00									
12,15									
12,30									
12,45					Eva 13:00 - 13:45 PILATES AVANZATO				Bruno 13,00-13,45 ZUMBATONE
13,00			Chiara 13,00-13,45 POWER PILATES				Chiara 13,00-13,45 POWER PILATES		
13,15		Patty 13,15-14,00 STEP-TONE		Patty 13,15-14,00 BODY TONE		Patty 13,15-14,00 G.A.G.		Patty 13,15-14,00 INTERVAL TRAINING	
13,30									
13,45									
14,00	PAUSA								
17,30	POMERIGGIO								
17,45									
18,00									
18,15									
18,30		Patty 18,30-19,15 BODY TONE	Chiara 18,30-19,15 PILATES	Patty 18,30-19,15 G.A.G.	Chiara 18,30-19,15 PILATES	Patty 18,30-19,15 INTERVAL TRAINING		Vabid 18:45-19:45 CROSS TRAINING	Chiara 18,30-19,15 PILATES
18,45									
19,00							Giulia 19,00-19,45 Aerobic Cross Training		
19,15		Patty 19,15-20,00 STEP-TONE	Chiara 19,15-20,00 POUNDFIT	Patty 19,15-20,00 BODY TONE	Chiara 19,15-20,00 POWER PILATES	Patty 19,15-20,00 G.A.G.			Chiara 19,15-20,00 POWER PILATES
19,30									
19,45								Vabid 19:45-20:45 KICK BOXING	
20,00		Eva 20,00-20,45 LADY BODY SCULPTURE	Chiara 20,00-20,45 G.A.G.	20,00-20,45 ZUMBATONE Bruno	Patty 20,00-20,45 G.A.G.	Patty 20,00-20,45 BODY TONE			Chiara 20,00-20,45 POUNDFIT
20,15									
20,30									
20,45									
21,00									
21,15									
21,30									