



SKY LINE UTOSSDART
 p.le dello sport 1 casalpusterlengo
 Tel 0377802863 info@sky-line.it

n° iscrizione CONI LOM-LO 0026
 N° iscrizione ASI LOM-LO 0026

PLANNING SKY LINE WELLNESS valido dal 01/03/2019 al 31/03/2019 0377/802863

| LUNEDI' | | | | MARTEDI' | | | | MERCOLEDI' | | | | GIOVEDI' | | | | VENERDI' | | | |
|---------|---------|----------------------------|------|--------------|---------|--|----------|------------|-----------------|-----------------------|------|--------------|----------------|--|----------------|---------------|---------|----------------|----------|
| 9:45 | 50' | PILATES | SALA | 17:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 9:45 | 50' | PILATES | SALA | 17:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 17:00 | 30' | G&G | SALA |
| DEBORAH | COD 110 | 1 | | EXTRA | | | 1 | DEBORAH | COD 110 | 1 | | EXTRA | | | 1 | LAURA | COD 110 | 1 | |
| 10:30 | 50' | POSTURAL | SALA | 18:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 10:30 | 50' | POSTURAL | SALA | 18:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 17:30 | 30' | ADDOME | SALA |
| DEBORAH | COD 110 | 1 | | EXTRA | | | 1 | DEBORAH | COD 110 | 1 | | EXTRA | | | 1&2 | LAURA | COD 110 | 1 | |
| 13:00 | 50' | CARDIO PILATES | SALA | 17:30 | 30' | ADDOME | SALA | 17:30 | 50' | TOTAL BODY | SALA | 19:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 18:00 | 30' | TRX | SALA |
| DEBORAH | COD 110 | 1 | | SIMONA | COD 110 | 2 | | LAURA | COD 216 | 1 | | EXTRA | | | 2 | LAURA | COD 216 | 2 | |
| 17:30 | 30' | STEP FUNZIONALE | SALA | H 18:00 | 30' | TRX TOTAL BODY | SALA | 18:00 | 60' | | SALA | 19:00 | 60' | | SALA | H 18:30 | 30' | PILATES | SALA |
| LAURA | COD 110 | 1 | | SIMONA | COD 216 | 2 | | ROBERTO | WORK OUT | WORKOUT | | PAOLA | COD 100 | 1 | | LAURA | | | 2 |
| 17:10 | 50' | PILATES | SALA | 18:30 | 30' | ADDOME | SALA | 18:30 | 30' | ADDOME | SALA | 20:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 18:50 | 60' | | SALA |
| SIMONA | COD 110 | 2 | | SIMONA | COD 110 | 1 | | LAURA | COD 110 | 1 | | EXTRA | | | 1 | SIMO | COD 116 | 1 | |
| 18:00 | 30' | | SALA | 19:00 | 60' | | SALA | 19:00 | 50' | GAG | SALA | 21:00 | 90' | *DANZA: WONDER WALL DANCE STUDIO | SALA | 19:00 | 30' | ADDOME | SALA |
| SIMONA | COD 116 | 1 | | SIMONA | COD 116 | 1 | | LAURA | COD 110 | 1 | | EXTRA | | | 1 | LAURA | COD 110 | 2 | |
| 18:30 | 30' | | SALA | 19:00 | 60' | FITRUNNING | SALA | 19:00 | 60' | | SALA | | | | | sabato | | | |
| PAOLA | COD 100 | 2 | | MATTEO | COD 15 | WORKOUT | | ROBERTO | WORK OUT | WORKOUT | | | | | | 10:00 | 30' | ADDOME | SALA |
| 18:30 | 30' | ADDOME | SALA | 19:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | | | | | L/S | COD 110 | 1 | | | | | |
| LAURA | COD 110 | 1 | | EXTRA | | | 2 | | | | | 10:30 | 50' | SURPRISE | SALA | | | | |
| 19:00 | 60' | | SALA | 20:00 | 60' | *DANZA: WONDER WALL DANCE STUDIO | SALA | | | | | L/S | COD 110 | 1 | | | | | |
| PAOLA | COD 100 | 1 | | EXTRA | | | 1 | | | | | H 11:20 | 40' | | SALA | | | | |
| 19:00 | 60' | CIRCUIT TRX | SALA | 21:00 | 90' | *DANZA: WONDER WALL DANCE STUDIO | SALA | | | | | L/S | PILATES | 1 | | | | | |
| LAURA | COD 216 | 2 | | EXTRA | | | 1 | | | | | | | | | | | | |
| H 20:00 | 40' | PILATES | SALA | | | | | | | | | | | | | | | | |
| LAURA | | 2 | | | | | | | | | | | | | | | | | |



SVOLGIMENTO LEZIONI CON MINIMO DI 3 PERSONE

EXTRA : NON COMPRESO
 NELL'ABBONAMENTO OPEN
PRENOTAZIONE CORSO

