



















PLANNING CORSI Sky-Line Wellness SSD art

Codogno

valido dal 09/09/2019

LUNEDI'				MARTEDI'				MERCOLEDI'				GIOVEDI'				VENERDI'						
10.00	60'	GINNASTICA DOLCE	SALA	09.20	60'	 PANCAFIT	SALA	10.00	30'	G&G	SALA	10.00	60'	GINNASTICA DOLCE	SALA	09.20	60'	 PANCAFIT	SALA			
EXTRA		COD. 114	2	ENRICO		COD. 110	2	SARA		COD. 110	2	EXTRA		COD. 114	2	ENRICO		COD. 110	2			
11.00	60'	GINNASTICA DOLCE	SALA	10.20	30'	ABDOMINAL	SALA	10.30	30'	TONE UP	SALA	11.00	60'	GINNASTICA DOLCE	SALA	10.20	50'	TOTAL BODY	SALA			
EXTRA		COD. 114	2	PAOLA		COD. 110	2	SARA		COD. 110	2	EXTRA		COD. 114	2	SARA		COD. 110	2			
13.00	60'	  SUPER JUMP	SALA	10.50	30'	TOTAL BODY	SALA	11.00	30'	STRETCH	SALA	10.10	50'	GAG	SALA	13.00	60'	 PANCAFIT	SALA			
ELISA		COD. 116	2	PAOLA		COD. 110	2	SARA		COD. 114	2	PAOLA		COD. 110	1	MARCELLO		COD. 110	1			
17.00	30'	TOTAL BODY CIRCUIT	SALA	13.00	30'	ABDOMINAL	SALA	13.00	60'	 PANCAFIT	SALA	17.00	50'	WALKING ABS*	SALA	13.00	50'	GAG	SALA			
DANIELE		COD. 110	2	PAOLA		COD. 110	2	MARCELLO		COD	1	LAURA		COD. 110	1	ELISA		COD. 110	2			
17.30	30'	TONE UP	SALA	13.30	30'	TOTAL BODY CIRCUIT	SALA	13.00	50'	 ZUMBA FITNESS	SALA	17.00	60'	HIP HOP J	SALA	16.30	60'	GINNASTICA DOLCE	SALA			
DANIELE		COD. 110	2	PAOLA		COD. 110	2	ELISA		COD. 95	2	EXTRA		COD. 100	2	EXTRA		COD. 114	2			
17.45	45'	FIT BOXE	SALA	16.30	60'	GINNASTICA DOLCE	SALA	17.30	30'	TOTAL BODY CIRCUIT	SALA	18.00	90'	HIP HOP JA	SALA	17.30	50'	TOTAL BODY TRX	SALA			
SERENA		COD. 110	1	EXTRA		COD. 114	2	SIMONA		COD. 110	2	EXTRA		COD. 100	2	LAURA		COD. 216	2			
18.00	25'	ABDOMINAL STRONG By ZUMBA	SALA	17.00	50'	 WALKING	SALA	18.00	30'	ABDOMINAL	SALA	17.50	50'	PILATES	SALA	18.00	30'	ONE KOR ABDOMINAL	SALA			
DANIELE		COD	2	SERENA		COD. 110	1	SIMONA		COD. 110	2	LAURA		Cod. 216	1	DANIELE		COD. 110	1			
18.25	25'	G&G STRONG By ZUMBA	SALA	17.50	40'	STRETCHING	SALA	18.00	90'	KICK BOXING JUNIOR	SALA	18.50	60'	 SPINNING	SALA	18.30	25'	CROSSCARDIO CARDIO	SALA			
DANIELE		COD. 110	2	SERENA		COD. 114	1	EXTRA			1				1	DANIELE		COD. 110	2			
18.30	45'	  SUPER JUMP	SALA	17.50	30'	GAG	SALA	18.30	30'	TONE UP TRX	SALA	19.30	90'	HIP HOP	SALA	18.55	25'	CROSSCARDIO WOD	SALA			
SERENA		COD. 116	1	DANIELE		COD. 110	2	SIMONA		COD. 110	2	EXTRA		COD. 100	2	DANIELE		COD. 110	2			
18.50	50'	ONE KOR NRG	SALA	18.30	30'	HSE	SALA	19.00	30'	  SUPER JUMP	SALA	21.00-22.00		MONDO LATINO	SALA	19.30	90'	KICK BOXING AGONISTI	SALA			
DANIELE		COD. 110	2	DANIELE		COD. 110	2	SIMONA		COD. 116	2	EXTRA			2	EXTRA			2			
20.00	60'	KICK BOXING DILETTANTI	SALA	19.00	50'	ONE KOR SKULPT	SALA	19.30	30'	G&G	SALA					SABATO						
EXTRA		2	DANIELE		COD. 110	2	SIMONA		COD. 110	1	14.00									90'	KICK BOXING DILETTANTI	SALA
			18.50	60'	 SPINNING	SALA	19.30	90'	KICK BOXING	SALA	EXTRA										2	
					COD. 110	1	EXTRA			2	15.30									60'	KICK BOXING JUNIOR	SALA
			20.10	50'	 PANCAFIT	SALA	21.00-23.00		MONDO LATINO	SALA	EXTRA										2	
		PRENOTAZIONE CORSO	MARCELLO		COD. 110	1	EXTRA			2	15.00	60'	 SPINNING	SALA								
EXTRA		NON COMPRESO NELL'ABBONAMENTO OPEN											COD. 110	1								

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

