

# Planning Sky-Line Wellness SSD arl Codogno valido dal 14/09/2020

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI			VENERDI							
10.00	55'	GIN.DOLCE Extra abb. Cod 114	SALA	09.20	55'	PANCAFIT* Cod 110	SALA	10.00	30'	TONE UP Cod 110	SALA	10.00	55'	GIN DOLCE Extra abb. Cod 114	SALA	09.15	55'	PANCAFIT Cod 110	SALA
DAL 05/10/20			2	ENRICO			2	SERENA			2	DAL 08/10/20			2	ENRICO			2
11.05	55'	GIN DOLCE Extra abb. Cod 114	SALA	10.15	25'	ABDOMINAL Cod 110	SALA	10.40	30'	G&G STRETCH Cod 110	SALA	11.05	55'	GIN. DOLCE Extra abb. Cod 114.	SALA	10.15	50'	TRX Cod 110	SALA
DAL 05/10/20			2	PAOLA			2	SERENA			2	DAL 08/10/20			2	SERENA			2
13.00	50'	LATIN FITNESS Cod 116	SALA	10.50	30'	TOTAL BODY Cod 110	SALA	13.00	60'	PANCAFIT Cod 110	SALA	10.15	50'	GAG Cod 110	SALA	13.00	60'	PANCAFIT Cod 110	SALA
ELISA			2	PAOLA			2	MARCELLO			1	PAOLA			1	MARCELLO			1
17.00	25'	GAG COD 110	SALA	13.00	25'	ABS Cod 110	SALA	13.00	50'	LATIN FITNESS Cod 95	SALA	13.00	50'	FUNCTIONAL TONE Cod 110	SALA	13.00	50'	GAG Cod 110	SALA
DANIELE			2	PAOLA			2	ELISA			2	ELISA			2	ELISA			2
17.35	25'	TONE UP Cod 110	SALA	13.30	30'	TOTAL BODY CIRCUIT Cod 110	SALA	17.20	30'	TRX Cod 110	SALA	17.00	40'	GAG Cod 110	SALA	16.30	55'	GIN.DOLCE Extra abb. Cod 114	SALA
DANIELE			2	PAOLA			2	SIMONA			2	SERENA			1	DANIELE			2
18.10	45'	ZUMBA Cod 110	SALA	16.30	55'	GIN DOLCE Extra abb. Cod 114	SALA	17:30-20:00	DANZA ACROBATICA	SALA	17.00	60'	HIP HOP J Cod 100	SALA	17.40	25'	ABDOMINAL Cod110	SALA	
PAOLA			2	DANIELE			2	EXTRA ABB.			1	NADIA			2	DANIELE			2
18.10	25'	STRONG NATION ABDOMINAL Cod 110	SALA	17.00	40'	WORK OUT Cod 110	SALA	18.00	25'	ABDOMINAL Cod 110	SALA	18.00	90'	HIP HOP JA Cod 100	SALA	18:00	30'	ZUMBA Cod 110	SALA
DANIELE			1	SERENA			OUT&1	SIMONA			2	NADIA			2	PAOLA			1
19.05	50'	ONE KOR NRG Cod 110	SALA	17.50	30'	FIT BOXE Cod 110	SALA	18.30	30'	G&G Cod 110	SALA	17.50	30'	SUPER JUMP Cod 216	SALA	18.15	25'	CROSS CARDIO CARDIO Cod 110	SALA
DANIELE			2	SERENA			1	SIMONA			2	SERENA			1	DANIELE			2
19.00	50'	PILATES	SALA	17.50	30'	STRONG NATION G&G Cod 95	SALA	19.10	50'	YOGA Cod 110	SALA	18.30	50'	SPINNING Cod 110	SALA	18.50	25'	CROSS CARDIO WOD Cod 110	SALA
ILENIA			1	DANIELE			2	MARINA			2	ANDREA			1	DANIELE			2
				18.30	20'	ABDOMINAL Cod 110	SALA	21.00-23.00 BALLI SALA 2			19.30	90'	HIP HOP Cod 100	SALA	18.40	50'	PILATES Cod 110	SALA	
				SERENA			1				NADIA			2	ILENIA			1	
				18.30	50'	ONE KOR SKULPT Cod 110	SALA				19.30	90'	KICK BOXING	SALA	<b>SABATO</b>				
				DANIELE			2				EXTRA ABB.			1				14.00	90'
				19:30-21:00	KICK BOXING	SALA				18.00	45'	WORK OUT Cod 110	SALA	EXTRA ABB.		KICK BOXING JUNIOR	SALA		
				EXTRA ABB.			2				NICHOLAS			OUT	15.30		60'		2
				19.00	50'	SPINNING Cod 110	SALA				19.00	45'	WORK OUT Cod 110	SALA	EXTRA ABB.				
				ANDREA			1				NICHOLAS			OUT					
				20.10	50'	PANCAFIT Cod 110	SALA				21.00-22.00	BALLI	SALA 2						



**Extra abbonamento**  
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