



SKY LINE NUOTO ssd arl  
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# CASALPUSTERLENGO

n° iscrizione CONI LOM-L0 0026  
 N° iscrizione ASI LOM-L0 0026

## PLANNING SKY LINE WELLNESS valido dal 14/09/2020 0377/802863

| LUNEDI' |     |                        |      | MARTEDI' |      |  |      | MERCOLEDI' |     |  |      | GIOVEDI' |     |  |      | VENERDI' |     |                            |      |
|---------|-----|------------------------|------|----------|------|--|------|------------|-----|--|------|----------|-----|--|------|----------|-----|----------------------------|------|
| 9:45    | 50' | <b>PILATES</b>         | SALA | 15:00    | 240' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 9:45       | 50' | <b>PILATES</b>   | SALA | 16:30    | 90' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 17:00    | 25' | <b>ABS</b>                 | SALA |
| DEBORAH |     | COD 216                | 1    | EXTRA    |      |  | 1    | DEBORAH    |     | COD 216  | 1    | EXTRA    |     |  | 1    | SIMONA   |     | COD 110                    | 1    |
| 10:45   | 50' | <b>POSTURAL</b>        | SALA | 17:00    | 25'  | <b>STRETCHING</b>                      | SALA | 10:45      | 50' | <b>POSTURAL</b>  | SALA | 18:00    | 60' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 17:40    | 30' | <b>CIRCUIT<br/>WALKING</b> | SALA |
| DEBORAH |     | COD 110                | 1    | SIMONA   |      | COD 110                                | 2    | DEBORAH    |     | COD 110  | 1    | EXTRA    |     |  | 1    | SIMONA   |     | COD 116                    | 1    |
| 17:40   | 30' | <b>TONE UP</b>         | SALA | 17:40    | 40'  | <b>TRX<br/>CIRCUIT</b>                 | SALA | 17:30      | 30' | <b>ABS<br/>Dal 07/10</b>                               | SALA | 17:40    | 30' | <b>STRETCHING</b>                      | SALA | 18:20    | 30' | <b>PILATES</b>             | SALA |
| LAURA   |     | COD 110                | 1    | SIMONA   |      | COD 110                                | 2    | ROBERTO    |     | COD 216  | 1    | LAURA    |     | COD 110                                | 2    | SIMONA   |     | COD 216                    | 1    |
| 18:20   | 30' | <b>ABS</b>             | SALA | H 18:30  | 25'  | <b>ABS</b>                             | SALA | 18:00      | 45' | <b>WORK OUT<br/>Fino al 30/09</b>                      |      | 18:20    | 30' | <b>TONE UP</b>                         | SALA | 19:00    | 25' | <b>ABS</b>                 | SALA |
| LAURA   |     | COD 110                | 1    | SIMONA   |      | COD 216                                | 2    | ROBERTO    |     | COD 110  |      | LAURA    |     | COD 110                                | 2    | SIMONA   |     | COD 110                    | 2    |
| 19:00   | 50' | <b>CIRCUIT<br/>TRX</b> | SALA | 19:00    | 50'  | <b>YOGA</b>                            | SALA | 19:00      | 45' | <b>WORK OUT<br/>Fino al 30/09</b>                      |      | 19:00    | 50' | <b>GAG</b>                             | SALA | 19:00    | 45' |                            | SALA |
| LAURA   |     | COD 216                | 2    | MARINA   |      | COD 110                                | 1    | ROBERTO    |     | COD 110  |      | LAURA    |     | COD 100                                | 1    | PAOLA    |     | COD 95                     | 1    |
| 19:15   | 45' |                        | SALA | 19:00    | 60'  | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 18:15      | 45' | <b>INSANITY<br/>CIRCUIT<br/>TRAINING<br/>Dal 07/10</b> | 1    | 19:00    | 60' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA |          |     |                            |      |
| PAOLA   |     | COD 95                 | 1    | EXTRA    |      |  | 2    | ROBERTO    |     | COD 110  |      | EXTRA    |     |  | 2    |          |     |                            |      |
| H 20:10 | 40' | <b>PILATES</b>         | SALA | 20:00    | 60'  | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 19:15      | 45' | <b>INSANITY<br/>CIRCUIT<br/>TRAINING<br/>Dal 07/10</b> | 1    | 20:00    | 60' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA |          |     |                            |      |
| LAURA   |     | COD 216                | 1    | EXTRA    |      |  | 1    | ROBERTO    |     | COD 110  |      | EXTRA    |     |  | 1    |          |     |                            |      |
| 21:00   | 60' | LATINO<br>MONDO LATINO | SALA | 21:00    | 90'  | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA | 17:30      | 60' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO                 | SALA | 21:00    | 90' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO | SALA |          |     |                            |      |
| EXTRA   |     |                        | 2    | EXTRA    |      |  | 1    | EXTRA      |     |  | 2    | EXTRA    |     |  | 1    |          |     |                            |      |
|         |     |                        |      |          |      |  |      | 18:30      | 60' | *DANZA:<br>WONDER WALL<br>DANCE STUDIO                 | SALA |          |     |  |      |          |     |                            |      |
|         |     |                        |      |          |      |  |      | EXTRA      |     |  | 2    |          |     |  |      |          |     |                            |      |

EXTRA : NON COMPRESO  
 NELL'ABBONAMENTO OPEN

**PRENOTAZIONE OBBLIGATORIA. SVOLGIMENTO LEZIONI CON MINIMO DI 3 PERSONE**