



SKY LINE NUOTO s.s.d arl
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CODOGNO
DAL 07/11/2022

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

LUNEDI'				MARTEDI'				MERCOLEDI'				GIOVEDI				VENERDI			
09.15	55'	FITPANCA Cod 110	SALA	13.00	50'	MOBILITY & STRETCHING Cod 110	SALA	09:00-10:00		SALA	09.00	55'	GIN DOLCE Extra abb. Cod 114	SALA	13.00	60'	FITPANCA Cod 110	SALA	
ALE			2	ELISA			1	EXTRA ABB.	YOGA	1	DANIELE			1	MARCELLO			2	
09.00	55'	GIN DOLCE Extra abb. Cod 114	SALA	17.30	25'	STRONG NATION G&G Cod 95	SALA	09.15	55'	FITPANCA Cod 110	SALA	10.00	55'	GIN DOLCE Extra abb. Cod 114	SALA	13.00	50'	ALLENAMENTO FEMMINILE Cod 110	SALA
DANIELE			1	DANIELE			1	ALE			2	DANIELE			1	ELISA			1
10.00	55'	GIN.DOLCE Extra abb. Cod 114	SALA	18.00	50'	ONE KOR SKULPT Cod 110	SALA	13.00	60'	FITPANCA Cod 110	SALA	11.05	55'	GIN. DOLCE Extra abb. Cod 114.	SALA	17.30	25'	ONE KOR ABDOMINAL Cod 110	SALA
DANIELE			1	DANIELE			1	MARCELLO			2	DANIELE			1	DANIELE			1
11.05	55'	GIN DOLCE Extra abb. Cod 114	SALA	19.00	50'	PILATES Cod 110	SALA	13.00	50'	LATIN FITNESS Cod 110	SALA	13.00	50'	PILATES Cod 110	SALA	18.00	25'	CARDIO HIIT WORKOUT Cod 110	SALA
DANIELE			1	ELISA			1	ELISA			1	ELISA			1	DANIELE			1
13.00	50'	CIRCUIT TRAINIG Cod 110	SALA	19.00	50'	SPINNING Cod 110	SALA	17.40	25'	ABDOMINAL Cod 110	SALA	17:00-18:00		YOGA BAMBINI	SALA	18.25	25'	WOD WORKOUT Cod 110	SALA
ELISA			1	ANDREA			2	ELISA			1	EXTRA ABB.			1	DANIELE			1
17.00	25'	GAG COD 110	SALA	20.10	50'	FITPANCA Cod 110	SALA	18.10	60'	CIRCUIT TRAINING Cod 110	SALA	19.00	50'	SPINNING Cod 110	SALA	18.10	50'	GINNASTICA POSTURALE Cod 110	SALA
DANIELE			1	MARCELLO			2	ELISA			1	ANDREA			2	EMMA			2
17.30	25'	TONE UP Cod 110	SALA	20.30-23.00	EXTRA ABB.	BALLI MONDO LATINO	SALA 1	19.10	50'	STRETCHING Cod 110	SALA	18.30	50'	PILATES Cod 110	SALA	19.00	30'	STRETCHING ANTALGICO Cod 110	SALA
DANIELE			1					ELISA			2	ANGELO			1	EMMA			2
18.00	25'	STRONG NATION ABDOMINAL Cod 95	SALA					19:15-20:45	KICK BOXING	SALA	21:00-22:00	YOGA	SALA	19:30-21:00	KICK BOXING	SALA			
DANIELE			1					EXTRA ABB.		1	EXTRA ABB.		1	EXTRA ABB.		1			
18.30	50'	ONE KOR NRG Cod 110	SALA					21.00-23.00	BALLI MONDO LATINO	SALA 1									
DANIELE			1																
19:30-21:00		KICK BOXING	SALA																
EXTRA ABB.			1																

Extra abbonamento
SVOLGIMENTO MINIMO 5 PERSONE



