



SKY LINE NUOTO ssd arl
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CODOGNO
DAL 06/11/2023 AL 24/12/2023

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

LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'							
09.00	55'	<i>GIN.DOLCE Extra abb.</i>	SALA	09.00	55'	PILATES DOLCE	SALA	09:00-10:00	YOGA	SALA	09.00	55'	<i>GIN.DOLCE Extra abb.</i>	SALA	09.00	55'	PILATES DOLCE	SALA	
DANIELE			1	ELISA			1	EXTRA ABB.		1	DANIELE		1	ELISA			1		
10.00	55'	<i>GIN. DOLCE Extra abb.</i>	SALA	13.00	50'	MOBILITY & STRETCHING	SALA	10:30-11.30	YOGA TERZA ETA'	SALA	10.00	55'	<i>GIN DOLCE Extra abb.</i>	SALA	13.00	60'	FITPANCA	SALA	
DANIELE			1	ELISA			1	EXTRA ABB.		1	DANIELE		1	MARCELLO			2		
11.05	55'	<i>GIN. DOLCE Extra abb</i>	SALA	17.00	25'	MOBILITY WORK OUT	SALA	09.00	50'	FITPANCA	SALA	11.05	55'	<i>GIN. DOLCE Extra abb</i>	SALA	12.40	25'	ABS	SALA
DANIELE			1	DANIELE			1	ALE		2	DANIELE		1	ELISA			1		
11.00	50'	FITPANCA	SALA	17.30	25'	STRONG NATION G&G	SALA	13.00	60'	FITPANCA	SALA	13.00	50'	PILATES	SALA	13.00	25'	G&G	SALA
ALE			2	DANIELE			1	MARCELLO		2	ELISA		1	ELISA			1		
12.30	30'	ABS	SALA	18.00	50'	ONE KOR SKULPT	SALA	12.30	30'	ABS	SALA	18.30	50'	PILATES	SALA	13.25	25'	TONE UP	SALA
ELISA			1	DANIELE			1	ELISA		1	ANGELO		1	ELISA			1		
13.00	50'	CIRCUIT TRAINIG	SALA	18.00	50'	CIRCUIT TRAINING	SALA	13.00	50'	LATIN FITNESS	SALA	19.00	50'	SPINNING	SALA	17.30	25'	ONE KOR ABDOMINAL	SALA
ELISA			1	SERENA			2	ELISA		1	ANDREA		2	DANIELE			1		
17.00	25'	GAG	SALA	19.00	50'	PILATES	SALA	16:15-18:00	YOGA BAMBINI	SALA	21:00-22:00	YOGA	SALA	18.00	25'	CARDIO HIIT WORK OUT	SALA		
DANIELE			1	ELISA			1	EXTRA ABB.		1	EXTRA ABB.		1	DANIELE			1		
17.30	25'	TONE UP	SALA	19.00	50'	SPINNING	SALA	18.00	25'	ABS	SALA				18.25	25'	WOD WORK OUT	SALA	
DANIELE			1	ANDREA			2	SIMONA		1	DANIELE					1			
18.00	25'	STRONG NATION ABDOMINAL	SALA	20.30-23.00	EXTRA ABB.	BALLI MONDO LATINO	SALA 1	18.30	50'	CIRCUIT TRAINING	SALA				18.00	45'	PILATES	SALA	
DANIELE			1					SIMONA		1	MATILDE					2			
18.30	50'	ONE KOR NRG	SALA					20.10	60'	FITPANCA	SALA	SABATO							
DANIELE			1					MARCELLO		2	14.00				60'	KICK BOXING	SALA		
18.15	50'	GINNASTICA POSTURALE	SALA					19.30	60'	KICK BOXING	SALA	EXTRA ABB.		1					
SALVATORE			2					EXTRA ABB.		1									
19.30	90'	KICK BOXING	SALA					21.00-23.00	BALLI MONDO LATINO	SALA 1									
EXTRA ABB.			1					EXTRA ABB.											

Extra abbonamento

SVOLGIMENTO MINIMO 5 PERSONE