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CODOGNO
 DAL 02/04/2024 AL 02/06/2024

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

| LUNEDI' | | | | MARTEDI' | | | | MERCOLEDI' | | | | GIOVEDI' | | | | VENERDI' | | | |
|-----------|-----|-------------------------------|------|---------------------------|-----------------------|--------------------------|------|--------------------------|-----------------------|------------------|------------|-------------|-------------------------|-------------------------|-------------|--------------------|-------------------------|----------|------|
| 09.00 | 55' | GIN.DOLCE Extra abb. | SALA | 09.00 | 55' | PILATES DOLCE | SALA | 09:00-10:00 | YOGA | SALA | 09.00 | 55' | GIN.DOLCE Extra abb. | SALA | 09.00 | 55' | PILATES DOLCE | SALA | |
| | | | 1 | ELISA | | | 1 | EXTRA ABB. | | | | | | 1 | ELISA | | | 1 | |
| 10.00 | 55' | GIN.DOLCE Extra abb. | SALA | 13.00 | 50' | MOBILITY & STRETCHING | SALA | 10:30-11.30 | YOGA TERZA ETA' | SALA | 10.00 | 55' | GIN.DOLCE Extra abb. | SALA | 10:30-11.30 | YOGA TERZA ETA' | SALA | SALA | |
| | | | 1 | ELISA | | | 1 | EXTRA ABB. | | 2 | | | | 1 | EXTRA ABB. | | | 2 | |
| 11.05 | 55' | GIN.DOLCE Extra abb. | SALA | 17.00 | 25' | MOBILITY WORK OUT | SALA | 09.00 | 50' | FITPANCA | SALA | 11.05 | 55' | GIN.DOLCE Extra abb. | SALA | 13.00 | 60' | FITPANCA | SALA |
| | | | 1 | DANIELE | | | 1 | ALE | | 2 | | | | 1 | MARCELLO | | | 2 | |
| 11.00 | 50' | FITPANCA | SALA | 17.30 | 25' | STRONG NATION G&G | SALA | 13.00 | 60' | FITPANCA | SALA | 13.00 | 50' | PILATES | SALA | 12.40 | 25' | ABS | 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 | 18.20 | 50' | PILATES | SALA | 13.00 | 25' | G&G | SALA |
| ELISA | | | 1 | DANIELE | | | 1 | ELISA | | 1 | ANGELO | | | 1 | ELISA | | | 1 | |
| 13.00 | 50' | CIRCUIT TRAINING | SALA | 19.00 | 50' | PILATES | SALA | 13.00 | 50' | LATIN FITNESS | SALA | 19.15 | 50' | PILATES | SALA | 13.25 | 25' | TONE UP | SALA |
| ELISA | | | 1 | ELISA | | | 1 | ELISA | | 1 | ANGELO | | | 1 | ELISA | | | 1 | |
| 17.00 | 25' | GAG | SALA | 19.00 | 50' | SPINNING | SALA | 16:15-18:00 | YOGA BAMBINI | SALA | 19.00 | 50' | SPINNING | SALA | 17.30 | 25' | ONE KOR ABDOMINAL | SALA | |
| DANIELE | | | 1 | ANDREA | | | 2 | EXTRA ABB. | | 2 | ANDREA | | | 2 | DANIELE | | | 1 | |
| 17.30 | 25' | TONE UP | SALA | 20.30-23.00 EXTRA ABB. | BALLI MONDO LATINO | SALA 1 | | 18.00 | 25' | ABS | SALA | 21:00-22:00 | YOGA | SALA | 18.00 | 25' | CARDIO HIIT WORK OUT | SALA | |
| DANIELE | | | 1 | | | | | SIMONA | | 1 | EXTRA ABB. | | 1 | DANIELE | | | 1 | | |
| 18.00 | 25' | STRONG NATION ABDOMINAL | SALA | | | | | 18.30 | 50' | CIRCUIT TRAINING | SALA | | | | 18.25 | 25' | WOD WORK OUT | SALA | |
| DANIELE | | | 1 | | | | | SIMONA | | 1 | | | | DANIELE | | | 1 | | |
| 18.30 | 50' | ONE KOR NRG | SALA | | | | | 20.10 | 60' | FITPANCA | SALA | | | | 18.00 | 45' | PILATES | SALA | |
| DANIELE | | | 1 | | | | | MARCELLO | | 2 | | | | MATILDE | | | 2 | | |
| 18.15 | 50' | GINNASTICA POSTURALE | SALA | | | | | 19:30 | 60' | KICK BOXING | SALA | | | | | | | | |
| SALVATORE | | | 2 | | | | | | | EXTRA ABB | 1 | | | | | | | | |
| 19:30 | 90' | KICK BOXING | SALA | | | | | 21.00-23.00 EXTRA ABB | BALLI MONDO LATINO | SALA 1 | | | | | | | | | |
| | | EXTRA ABB | 1 | | | | | | | | | | | | | | | | |



| sabato | | | |
|--------|-----|----------------|------|
| 14:00 | 60' | KICK BOXING | SALA |
| | | EXTRA ABB | 1 |

Extra abbonamento
 SVOLGIMENTO MINIMO 5 PERSONE

