



SKY LINE NUOTO s.s.d arl
Via Rosolino Ferrari, 4 Codogno
Tel 0377/444669 info@sky-line.it

CODOGNO
DAL 09/09/2024 AL 03/11/2024

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	
Dal 07/10			1	ELISA			1	EXTRA ABB.		1	Dal 10/10			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	10:00-11.00	YOGA TERZA ETA'	SALA		
Dal 07/10			1	ELISA			1	EXTRA ABB.		2	Dal 10/10			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	12.00	50'	FITPANCA dal 11/10	SALA
Dal 07/10			1	DANIELE			1	ALE	2		Dal 10/10		1		ALE		2		
11.00	50'	FITPANCA	SALA	17.30	25'	TOTAL BODY CIRCUIT	SALA	12.30	30'	ABS	SALA	13.00	50'	PILATES	SALA	12.30	25'	ABS	SALA
ALE			2	DANIELE			1	ELISA	1		ELISA		1		ELISA		1		
12.30	30'	ABS	SALA	18.00	50'	ONE KOR SKULPT	SALA	13.00	50'	LATIN FITNESS	SALA	18:15	50'	PILATES	SALA	13.00	50'	TOTAL BODY	SALA
ELISA			1	DANIELE			1	ELISA	1		ELISA		1		ANGELO		1		ELISA
13.00	50'	CIRCUIT TRAINIG	SALA	19.00	50'	PILATES	SALA	16:15-18:00	YOGA BAMBINI	SALA	19:10	60'	PILATES	SALA	17.40	25'	ONE KOR ABDOMINAL	SALA	
ELISA			1	ELISA			1	EXTRA ABB.		2	ANGELO			1	DANIELE			1	
17.00	25'	GAG	SALA	19.00	50'	SPINNING	SALA	18.00	25'	ABS	SALA	19.00	50'	SPINNING	SALA	18.10	25'	CARDIO HIIT WORK OUT	SALA
DANIELE			1	ANDREA			2	SIMONA	1		ANDREA		2		DANIELE		1		
17.30	25'	TONE UP	SALA	20.30-22.30	BALLI MONDO LATINO	SALA 1	18.30	50'	CIRCUIT TRAINING	SALA	20:10	50'	ZERO CONTACT	SALA	18.35	25'	WOD WORK OUT	SALA	
DANIELE			1	18:10			60'	1		SIMONA		1		EXTRA ABB		1		DANIELE	
18.00	25'	STRONG NATION ABDOMINAL	SALA	18.10	60'	YOGA	SALA	18:10	60'	SALA	21:00-22:00	YOGA	SALA	18.00	50'	GINNASTICA POSTURALE	SALA		
DANIELE			1	DANIELA			2	EXTRA ABB.		1	SALVATORE		1	SALVATORE			2		
18.30	50'	ONE KOR NRG	SALA	19.20	45'	PILATES	SALA	19.20	45'	SALA	SABATO				19.00	50'	FITPANCA	SALA	
DANIELE			1	MATILDE			2	11.10		50'	FITPANCA	SALA	VIRGINIA		2				
18.00	50'	FITPANCA	SALA	19:30	60'	KICK BOXING	SALA	19:30	60'	SALA		14:00	60'	ZERO CONTACT	SALA	19:10-20:10	YOGA DINAMICO	SALA	
VIRGINIA			2	21.00-23.00			BALLI MONDO LATINO	SALA 1	EXTRA ABB		1	EXTRA ABB			1			1	
19:00	60'	YOGA	SALA	21.00-23.00	BALLI MONDO LATINO	SALA 1		19:30	60'	SALA	15:00	50'	KICK BOXING	SALA					
DANIELA			2	EXTRA ABB			1	EXTRA ABB		1	EXTRA ABB			1					
19:30	90'	KICK BOXING	SALA																
			EXTRA ABB	1															



Extra abbonamento
SVOLGIMENTO MINIMO 5 PERSONE

