

# ORARIO CORSI Ragazzi e Adulti 2019-2020

## LUNEDÌ

09.15/10.15	STEP
18.15/19.00	AEROBICA
19.00/19.30	G.A.G.
18.30/19.30	PILATES BASE
19.30/20.15	BODY FLYING <small>NOVITA'</small>
19.30/20.45	KICK BOXING
20.00/21.30	YOGA
20.15/21.15	CALISTHENICS

## MARTEDÌ

09.15/10.15	GINNASTICA DOLCE
17.15/18.30	TIP TAP
18.10/18.40	FUNCTIONAL CIRCUIT
18.40/19.10	BOXING BAG
18.30/19.30	SOFT TONE
19.15/20.15	STEP TONE
19.15/20.30	DANZA DEL VENTRE
20.00/22.00	SILAT
20.30/21.30	FIT BOXE
20.30/21.30	TAI CHI CH'UAN
21.30/22.30	KUNG FU SHAOLIN

## MERCOLEDÌ

09.30/10.30	PILASTRECH
18.00/18.30	AEROBICA
18.30/19.00	G.A.G.
18.30/19.30	PILATES AVANZATO
19.15/20.30	PARKOUR
19.30/20.30	FUNKY
19.30/20.45	REAL COMBAT M.M.A.
20.00/21.00	CALISTHENICS

## GIOVEDÌ

09.15/10.15	CORPO LIBERO
18.10/18.40	FUNCTIONAL CIRCUIT
18.40/19.10	BOXING BAG
18.30/19.30	ZUMBA
18.45/19.45	SOFT TONE
19.15/20.15	FITBALL-TONIC
19.30/20.45	KICK BOXING
20.00/21.30	YOGA
20.30/21.30	FIT BOXE

## VENERDÌ

09.15/10.15	GINNASTICA DOLCE
09.30/10.30	PILASTRECH
19.00/20.00	YOGA
19.30/21.00	DANZA MODERN JAZZ
20.00/21.15	REAL COMBAT M.M.A.
20.30/21.30	TAI CHI CH'UAN
21.30/22.30	KUNG FU SHAOLIN

## SABATO

10.30/11.30	COSMO YOGA - SATI YOGA (JOLLY CLASS CON PRENOTAZIONE OBBLIGATORIA)
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## ORARIO SALA ATTREZZI E CROSS AREA

DAL LUNEDÌ' AL VENERDÌ 09.00-14.00 / 15.30-22.00 SABATO 10.00-17.00

PALESTRA  GALLARATESE

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