

# Programma corsi Prime

Valido a partire dal 11 Marzo 2019

	SALA	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
venerdì	STUDIO 1 body & mind		BackSchool Marina <b>OA</b>	Stretching Eliane <b>OA</b>	Pilates Nicola <b>OA</b>								Pilates Duccio <b>OA</b>	Stretch. Marta <b>OA</b>			
	STUDIO 2 tone		GAG Sara <b>OA</b>	Body Tone Nicola <b>OA</b>	Body Pump Mirko <b>OA</b>	CX Mirko <b>OA</b>	Body Tone Nicola <b>OA</b>	GAG Eliane <b>OA</b>	Body Tone Eliane <b>OA</b>				GAG Annarita <b>OA</b>	Body Tone Annarita <b>OA</b>	Body Pump Marta <b>OA</b>	Cx Jacque <b>OA</b>	
	STUDIO 3 fit & fun			Zumba Mirko <b>OA</b>	Burn Sara <b>OA</b>											Zumba Annarita <b>OA</b>	
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	G.Cycling Mario <b>OA</b>	H.E.A.T. Mario <b>OA</b>	RPM Virtual
	STUDIO 5 easy danza			Body Attack Sara <b>OA</b>	Body Tone Eliane <b>OA</b>		Body Balance Jacqueline <b>OA</b>								Burn Jacqueline <b>OA</b>	Grit Cx Jacqueline <b>OA</b>	
sabato	STUDIO 1 body & mind			Pilates Alex <b>OA</b>	Yoga Alex <b>OA</b>	Stretch Carlo <b>OA</b>		Pilates Alex <b>OA</b>		Pilates Alex <b>OA</b>	Yoga Alex <b>OA</b>		Yoga Alex <b>OA</b>	Pilates Concetta <b>OA</b>	Yoga Concetta <b>OA</b>		
	STUDIO 2 tone	GAG Eliane <b>OA</b>	Body Tone Concetta <b>OA</b>	Grit Cx Roby <b>OA</b>	GAG Carlo <b>OA</b>		Body Pump Roberto <b>OA</b>	Body Tone Eliane <b>OA</b>					Body Pump Roberto <b>OA</b>	Grit Cx Roby <b>OA</b>		Body Tone Jacque <b>OA</b>	
	STUDIO 3 fit & fun			Aerodance Carlo <b>OA</b>										Step Barbara <b>OA</b>	Body Attack Sara <b>OA</b>		
	STUDIO 4 cycling		RPM Virtual	G. Cycling Duccio <b>OA</b>	G. Cycling Duccio <b>OA</b>	RPM Virtual	G. Cycling Duccio <b>OA</b>	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	Cycling Grazia <b>OA</b>	G. Cycling Grazia <b>OA</b>	RPM Virtual
	STUDIO 5 easy danza			Aerial training Concetta <b>OA</b>	Body Pump Virtuale		Body Attack Jacque <b>OA</b>								Body Combat Virtuale	GAG Barbara <b>OA</b>	
domenica	STUDIO 1 body & mind		BackSchool Marina <b>OA</b>	Pilates Nicola <b>OA</b>				Pilates Nicola <b>OA</b>			Yoga Dolce Concetta <b>OA</b>			Yoga Lorenzo <b>OA</b>	Pilates Lorenzo <b>OA</b>		
	STUDIO 2 tone	Body Tone Eliane <b>OA</b>	Body Tone Annarita <b>OA</b>	Functional Lorenzo <b>OA</b>	GAG Nicola <b>OA</b>	Circuit Lor. <b>OA</b>		Circuit Barbara <b>OA</b>		Body Tone Concetta <b>OA</b>			Functional Lorenzo <b>OA</b>	GAG Carlo <b>OA</b>	Body Tone Carlo <b>OA</b>		
	STUDIO 3 fit & fun			Step Barbara <b>OA</b>	Aerodance Barbara <b>OA</b>								Hip Hop Carlo <b>OA</b>	Zumba Annarita <b>OA</b>			
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	H.E.A.T. circuit Duccio <b>OA</b>	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	G. Cycling Duccio <b>OA</b>	H.E.A.T. Mario <b>OA</b>	RPM Virtual
	STUDIO 5 easy danza			Body Tone Annarita <b>OA</b>	Power Yoga Lorenzo <b>OA</b>			Body Tone Lorenzo <b>OA</b>						GAG Annarita <b>OA</b>	TRX Sara <b>OA</b>	Body Attack Sara <b>OA</b>	
venerdì	STUDIO 1 body & mind	Yoga Alex <b>OA</b>	Pilates Basic Nicola <b>OA</b>	B. Balance Jacqueline <b>OA</b>	Yoga Alex <b>OA</b>		Yoga Alex <b>OA</b>		Pilates Alex <b>OA</b>	Yoga Alex <b>OA</b>			Yoga Alex <b>OA</b>	Pilates Alex <b>OA</b>			
	STUDIO 2 tone		GAG Miguel <b>OA</b>	Body Tone Nicola <b>OA</b>	Body Pump Jacqueline <b>OA</b>	Cx Jacqu. <b>OA</b>	Burn Sara <b>OA</b>	Body Tone Eliane <b>OA</b>					Body Tone Giorgio <b>OA</b>	Grit Cx Marta G. <b>OA</b>	Body Pump Marta G. <b>OA</b>		
	STUDIO 3 fit & fun			Step Giorgio <b>OA</b>	Aerodance Giorgio <b>OA</b>									Step Giorgio <b>OA</b>	Zumba Miguel <b>OA</b>	SalsaTon Miguel <b>OA</b>	
	STUDIO 4 cycling	RPM Virtual		G. Cycling Duccio <b>OA</b>	RPM Virtual	RPM Virtual	G. Cycling Duccio <b>OA</b>	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	G. Cycling Grazia <b>OA</b>	RPM Virtual
	STUDIO 5 easy danza			Zumba Miguel <b>OA</b>	Aerial training Nicola <b>OA</b>		TRX Nicola <b>OA</b>								TRX Sara / Gabri <b>OA</b>		
sabato	STUDIO 1 body & mind			Step Carlo <b>OA</b>	Yoga Concetta <b>OA</b>	Stretch Carlo <b>OA</b>								Pilates Concetta <b>OA</b>	Yoga Concetta <b>OA</b>		
	STUDIO 2 tone		Body Tone Concetta <b>OA</b>		Body Tone Carlo <b>OA</b>			Body Tone Carlo <b>OA</b>		Body Tone Carlo <b>OA</b>			Body Tone Romina <b>OA</b>	GAG Romina <b>OA</b>			
	STUDIO 3 fit & fun			GAG Giorgio <b>OA</b>	Zumba Carlo O. <b>OA</b>			Zumba Carlo O. <b>OA</b>									
	STUDIO 4 cycling		RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	RPM Virtual	G. Cycling Duccio <b>OA</b>	RPM Virtual	
	STUDIO 5 easy danza			Ginn. Dolce Marina <b>OA</b>	TRX Giorgio <b>OA</b>			TRX Gabriele <b>OA</b>						Aerial training Concetta <b>OA</b>	Body Attack Jacqueline <b>OA</b>		
domenica	STUDIO 1 body & mind					Body Tone a rotazione <b>OA</b>											
	STUDIO 2 tone																
	STUDIO 3 fit & fun			Lezione a Rotazione <b>OA</b>													
	STUDIO 4 cycling			RPM Virtuale	RPM Virtuale	H.E.A.T. a rotazione <b>OA</b>		RPM Virtuale	RPM Virtuale	RPM Virtuale							
	STUDIO 5 easy danza																
venerdì	STUDIO 1 body & mind																
	STUDIO 2 tone					Body Pump a rotazione <b>OA</b>											
	STUDIO 3 fit & fun			Zumba a rotazione <b>OA</b>													
	STUDIO 4 cycling			RPM Virtuale	RPM Virtuale	G. Cycling a rotazione <b>OA</b>		RPM Virtuale	RPM Virtuale	RPM Virtuale							
	STUDIO 5 easy danza																

## Livello di complessità tecnica

**▲** adatto a tutti **▲** complessità media **▲** complessità medio - alta

## Livello di intensità fisica / cardio-vascolare

**1** bassa intensità **2** intensità media **3** alta intensità

**◆** Corsi su prenotazione

**★** Corsi extra abbonamento

La Direzione si riserva la possibilità di effettuare modifiche nel corso della stagione.



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