



www.fitwordclub.com

Orari Corsi 2018

| Lunedì | | |
|-------------------------|-------|-------|
| Total Body | 09.30 | 10.15 |
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | - |
| Virtual Training | 12.30 | - |
| Virtual Training | 13.30 | - |
| Virtual Training | 14.59 | - |
| Hip Hop* | 15.00 | 16.00 |
| Taekwondo I T.* | 16.00 | 17.00 |
| Taekwondo II T.* | 17.00 | 18.00 |
| Pilates I° Livello | 18.15 | 19.00 |
| Full Tonic | 19.00 | 19.45 |
| Ginnastica estetica | 19.45 | 20.30 |
| CROSS-TRAINING** | 20.00 | 21.00 |
| Zumba Fitness | 20.30 | 21.15 |
| FUNCTIONAL TRAINING** | 21.00 | 22.00 |
| Virtual Training | 21.30 | - |

| Mercoledì | | |
|-------------------------|-------|-------|
| Total Body | 09.30 | 10.15 |
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | 0.30 |
| Virtual Training | 12.30 | - |
| Virtual Training | 13.30 | - |
| Virtual Training | 14.59 | 0.30 |
| Hip Hop* | 15.00 | 16.00 |
| Taekwondo I T.* | 16.00 | 17.00 |
| Taekwondo II T.* | 17.00 | 18.00 |
| Virtual Training | 18.00 | - |
| Full Tonic | 19.00 | 19.45 |
| Ginnastica estetica | 19.45 | 20.30 |
| CROSS-TRAINING** | 20.00 | 21.00 |
| Zumba Fitness | 20.30 | 21.15 |
| FUNCTIONAL TRAINING** | 21.00 | 22.00 |
| Virtual Training | 22.00 | - |

| Martedì | | |
|------------------------------------|-------|-------|
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | - |
| Virtual Training | 12.30 | - |
| Virtual Training | 13.30 | - |
| Moderno/Contemporaneo Avanzato* | 15.30 | 16.30 |
| Danza Classica (II° e III° corso)* | 16.30 | 18.00 |
| PREDANZA* | 16.30 | 17.30 |
| Moderno/Contemporaneo* | 18.00 | 19.00 |
| Pilates II° Livello | 19.00 | 19.45 |
| G.A.G. | 19.45 | 20.30 |
| WOMAN TRAINING** | 20.00 | 21.00 |
| Cross Boxe | 21.00 | 21.45 |
| Virtual Training | 22.00 | - |

| Giovedì | | |
|------------------------------------|-------|-------|
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | - |
| Virtual Training | 12.30 | - |
| Virtual Training | 13.30 | 0.30 |
| Latino Bambini* | 15.00 | 16.30 |
| Danza Classica (II° e III° corso)* | 16.30 | 18.00 |
| Predanza* | 16.30 | 17.30 |
| Moderno/Contemporaneo* | 18.00 | 19.00 |
| Pilates II° Livello | 19.00 | 19.45 |
| G.A.G. | 19.45 | 20.30 |
| WOMAN TRAINING** | 20.00 | 21.00 |
| Cross Boxe | 21.00 | 21.45 |
| Virtual Training | 22.00 | 10.45 |

| Venerdì | | |
|-------------------------|-------|-------|
| Total Body | 09.30 | 10.15 |
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | - |
| Virtual Training | 12.30 | - |
| Virtual Training | 13.30 | - |
| Virtual Training | 15.00 | - |
| Taekwondo I T.* | 16.00 | 17.00 |
| Taekwondo II T.* | 17.00 | 18.00 |
| Pilates I° Livello | 18.15 | 19.00 |
| Full Tonic | 19.00 | 19.45 |
| Ginnastica estetica | 19.45 | 20.30 |
| Fuctional Training** | 20.00 | 21.00 |
| Zumba Fitness | 20.30 | 21.15 |
| FUNCTIONAL TRAINING** | 21.00 | 22.00 |
| Virtual Training | 21.30 | - |

| Sabato | | |
|-------------------------|-------|---|
| Virtual Training | 10.30 | - |
| Virtual Training | 11.30 | - |
| Virtual Training | 12.30 | - |
| Virtual Training | 17.30 | - |
| Virtual Training | 18.00 | - |

***Corsi non compresi nell'abbonamento open**
****In maiuscolo i corsi Gladiator (www.gladiatortraining.it)**

FITWORDCLUB
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