



SKY LINE NUOTO s.s.d. arl
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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'	<i>GIN.DOLCE</i> Extra abb.	SALA	09.00	55'	PILATES DOLCE	SALA	09:00-10:00	YOGA	SALA	09.00	55'	<i>GIN.DOLCE</i> 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'	<i>GIN. DOLCE</i> Extra abb.	SALA	13.00	50'	MOBILITY & STRETCHING	SALA	10:30-11.30	YOGA TERZA ETA'	SALA	10.00	55'	<i>GIN DOLCE</i> Extra abb.	SALA	10:00-11.00	YOGA TERZA ETA'	SALA					
Dal 07/10		1	ELISA	1		EXTRA ABB.	1	Dal 10/10		1	EXTRA ABB.		2									
11.05	55'	<i>GIN. DOLCE</i> Extra abb	SALA	17.00	25'	MOBILITY WORK OUT	SALA	09.00	50'	FITPANCA	SALA	11.05	55'	<i>GIN. DOLCE</i> 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			1			
13.00	50'	CIRCUIT TRAINIG	SALA	19.00	50'	PILATES	SALA	16:15-18:00	YOGA BAMBINI	SALA	19:10	60'	YOGA	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	20.30-23.00	<i>BALLI</i> <i>MONDO LATINO</i>	SALA 1	18.30	50'	CIRCUIT TRAINING	SALA	20:10	50'	ZERO CONTACT	SALA	18.35	25'	WOD WORK OUT	SALA				
DANIELE			1					SIMONA		1	EXTRA ABB.			1	DANIELE			1				
18.00	25'	STRONG NATION ABDOMINAL	SALA					19.20	45'	PILATES	SALA	19.20	45'	PILATES	SALA	21:00-22:00	YOGA	SALA	18.00	50'	GINNASTICA POSTURALE	SALA
DANIELE			1					MATILDE			2	EXTRA ABB.			1	SALVATORE		2				
18.30	50'	ONE KOR NRG	SALA					19.30	60'	<i>KICK</i> <i>BOXING</i>	SALA	SABATO				19.00	50'	FITPANCA	SALA			
DANIELE		1					EXTRA ABB.		1	11.10		50'	FITPANCA	SALA	VIRGINIA		2					
18.00	50'	FITPANCA					SALA	21.00-23.00	<i>BALLI</i> <i>MONDO LATINO</i>	SALA 1	VIRGINIA			2	19:10-20:10		YOGA DINAMICO	SALA				
VIRGINIA							2					EXTRA ABB.		1	10:30			60'	ZERO CONTACT	SALA	EXTRA ABB.	
19:00		YOGA ADULTI					SALA					EXTRA ABB.		1	EXTRA ABB.		1	15:00		50'	<i>KICK</i> <i>BOXING</i>	SALA
EXTRA ABB.			2									EXTRA ABB.		1	EXTRA ABB.		1					
19:30	90'	<i>KICK</i> <i>BOXING</i>	SALA									EXTRA ABB.		1	EXTRA ABB.		1					
		EXTRA ABB.	1									EXTRA ABB.		1								
																EXTRA ABB.		1				

Extra abbonamento
SVOLGIMENTO MINIMO 5 PERSONE

