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CODOGNO
DAL 04/11/2024 AL 02/03/2025

n° iscrizione CONI LOM-L0 0026
N° iscrizione ASI LOM-L0 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	
			1		ELISA		1		EXTRA ABB.	1				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		
			1		ELISA		1		EXTRA ABB.	2				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	SALA
			1		DANIELE		1		ALE	2				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				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		ANGELO		1		ELISA		1	
13.00	50'	CIRCUIT TRAINIG	SALA	19.00	50'	PILATES	SALA	16:15-18:00	YOGA BAMBINI	SALA	19:10	50'	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	18.00	50'	SPINNING	SALA	18.00	25'	ABS	SALA	18.00	50'	SPINNING	SALA	18.10	25'	CARDIO HIIT WORK OUT	SALA
	DANIELE		1		PIETRO		2		SIMONA	1		PIETRO		2		DANIELE		1	
17.30	25'	TONE UP	SALA	19.00	50'	SPINNING	SALA	18.30	50'	CIRCUIT TRAINING	SALA	19.00	50'	SPINNING	SALA	18.35	25'	WOD WORK OUT	SALA
	DANIELE		1		ANDREA		2		SIMONA	1		ANDREA		2		DANIELE		1	
18.00	25'	STRONG NATION ABDOMINAL	SALA	20.30-21.30	BALLI MONDO LATINO	SALA 1		18:10	60'	YOGA	SALA	20:00	60'	ZERO CONTACT	SALA	18.00	50'	GINNASTICA POSTURALE	SALA
	DANIELE		1						DANIELA	2			EXTRA ABB.	1		SALVATORE		2	
18.30	50'	ONE KOR NRG	SALA	SABATO				19.20	45'	PILATES	SALA	21:00-22:00	YOGA	SALA	19.00	50'	FITPANCA	SALA	
	DANIELE		1						MATILDE	2		EXTRA ABB.	1		VIRGINIA		2		
18.00	50'	FITPANCA	SALA	11.10	50'	FITPANCA	SALA	19:30	60'	KICK BOXING	SALA					19:10-20:10	YOGA DINAMICO	SALA	
	VIRGINIA		2							1						EXTRA ABB.		1	
19:00	60'	YOGA	SALA	14:00	60'	KICK BOXING	SALA	21.00-23.00	BALLI MONDO LATINO	SALA 1									
	DANIELA		2						EXTRA ABB.	1									
19:30	90'	KICK BOXING	SALA																
		EXTRA ABB.	1																

Extra abbonamento
SVOLGIMENTO MINIMO 5 PERSONE



POSSIBILI MODIFICHE DEL PLANNING
NEL PERIODO NATALIZIO

