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

n° iscrizione CONI LOM-LO 0026  
N° iscrizione ASI LOM-LO 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	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	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	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	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	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	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	PILATES	SALA	21:00-22:00	YOGA	SALA	19.00	50'	FITPANCA	SALA		
DANIELE		1		11.10	50'	FITPANCA	SALA	MATILDE		2		EXTRA ABB.	1	VIRGINIA		2			
18.00	50'	FITPANCA	SALA	VIRGINIA		2		19:30	KICK BOXING	SALA					19:10-20:10	YOGA DINAMICO	SALA		
VIRGINIA		2		14:00	60'	KICK BOXING	SALA		EXTRA ABB	1					EXTRA ABB.		1		
19:00	60'	YOGA	SALA			EXTRA ABB	1	21.00-23.00	BALLI MONDO LATINO	SALA 1									
DANIELA		2																	
19:30	90'	KICK BOXING	SALA																
		EXTRA ABB	1																

Extra abbonamento  
SVOLGIMENTO MINIMO 5 PERSONE



