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CODOGNO
DAL 03/02/2025 AL 20/04/2025

n° iscrizione CONI LOM-L0 0026
N° iscrizione ASI LOM-L0 0026

LUNEDI'				MARTEDI'				MERCOLEDI'				GIOVEDI'				VENERDI'			
09.00	55'	GINNASTICA DOLCE	SALA	09.00	55'	PILATES DOLCE	SALA	09:00-10:00	YOGA	SALA	09.00	55'	GINNASTICA DOLCE	SALA	09.00	55'	PILATES DOLCE	SALA	
EXTRA ABB.			1	ELISA	1		EXTRA ABB.	1		EXTRA ABB.	1	EXTRA ABB.		1	ELISA	1			
10.00	55'	GINNASTICA DOLCE	SALA	13.00	50'	MOBILITY & STRETCHING	SALA	10:30-11.30	YOGA TERZA ETA'	SALA	10.00	55'	GINNASTICA DOLCE	SALA	10:00-11.00	YOGA TERZA ETA'	SALA		
EXTRA ABB.			1	ELISA	1		EXTRA ABB.	1		EXTRA ABB.	2	EXTRA ABB.		1	EXTRA ABB.		2		
11.05	55'	GINNASTICA DOLCE	SALA	17.00	25'	MOBILITY WORK OUT	SALA	09.00	FITPANCA	SALA	11.05	55'	GINNASTICA DOLCE	SALA	12.00	FITPANCA	SALA		
EXTRA ABB.			1	DANIELE	1		EXTRA ABB.	1		ALE	2	EXTRA ABB.		1	ALE		2		
11.00	50'	FITPANCA	SALA	17.30	25'	TOTAL BODY CIRCUIT	SALA	12.30	ABS	SALA	13.00	PILATES	SALA	12.30	ABS	SALA			
ALE	2		DANIELE	1	ELISA		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	PILATES	SALA	13.00	TOTAL BODY	SALA			
ELISA	1		DANIELE	1	ELISA		1	ELISA		1	ANGELO		1	ELISA		1			
13.00	50'	CIRCUIT TRAINING	SALA	19.00	50'	PILATES	SALA	17:00-18:00	YOGA BAMBINI	SALA	19:10	PILATES	SALA	17.40	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	SPINNING	SALA	18.10	CARDIO HIIT WORK OUT	SALA			
DANIELE	1		PIETRO	2	SIMONA		1	PIETRO		2									
17.30	25'	TONE UP	SALA	19.00	50'	SPINNING	SALA	18.30	CIRCUIT TRAINING	SALA	19.00	SPINNING	SALA	18.35	WOD WORK OUT	SALA			
DANIELE	1		ANDREA	2	SIMONA		1	ANDREA		2									
18.00	25'	STRONG NATION ABDOMINAL	SALA	20.30-21.30 EXTRA ABB.	BALLI MONDO LATINO	SALA 1	19.20	PILATES	SALA	20:00	ZERO CONTACT	SALA	18.00	GINNASTICA POSTURALE	SALA				
DANIELE	1		MATILDE	2		EXTRA ABB.	1		SALVATORE	2									
18.30	50'	ONE KOR NRG	SALA		19:30	60'	KICK BOXING	SALA	21:00-22:00	YOGA	SALA	19.00	FITPANCA	SALA					
DANIELE	1		EXTRA ABB.		1	EXTRA ABB.		1	VIRGINIA		2								
18.00	50'	FITPANCA	SALA		21.00-23.00 EXTRA ABB.	BALLI MONDO LATINO	SALA 1					19:10-20:10	YOGA DINAMICO	SALA					
VIRGINIA	2						EXTRA ABB.	1											
19:00	55'	YOGA	SALA	LUNEDI'								SABATO							
DANIELA	2										11.10	FITPANCA	SALA						
20:00	55'	YOGA	SALA	19:30	90'	KICK BOXING	SALA						VIRGINIA	2					
DANIELA	2		EXTRA ABB.	1									14:00	KICK BOXING	SALA				
												Extra abbonamento							
												SVOLGIMENTO MINIMO 5 PERSONE							