



SKY LINE NOTO s.s.d arl  
 Via Rosolino Ferrari, 4 Codogno  
 Tel 0377/444669 [info@sky-line.it](mailto:info@sky-line.it)

# CODOGNO

DAL 22/04/2025 AL 08/06/2025

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	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.			2	EXTRA ABB.			1		EXTRA ABB.		2
11.05	55'	GINNASTICA DOLCE	SALA	17.00	25'	MOBILITY WORK OUT	SALA	09.00	50'	FITPANCA	SALA	11.05	55'	GINNASTICA DOLCE	SALA	12.00	50'	FITPANCA	SALA
EXTRA ABB.			1	DANIELE			1	ALE			2	EXTRA ABB.			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	ANGELO			1	ELISA			1
13.00	50'	CIRCUIT TRAINING	SALA	19.00	50'	PILATES	SALA	17:00-18:00	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	19.20	45'	PILATES	SALA	20:00	60'	ZERO CONTACT	SALA	18.00	50'	GINNASTICA POSTURALE	SALA	
DANIELE			1	MATILDE				2		EXTRA ABB.		1		EXTRA ABB.		1		SALVATORE	
18.30	50'	ONE KOR NRG	SALA				19:30	60'	KICK BOXING	SALA	21:00-22:00	YOGA	SALA	19.00	50'	FITPANCA	SALA		
DANIELE			1				EXTRA ABB.			1	EXTRA ABB.			1	VIRGINIA			2	
18.00	50'	FITPANCA	SALA				21.00-23.00	BALLI MONDO LATINO	SALA 1				19:10-20:10	YOGA DINAMICO	SALA				
VIRGINIA			2				EXTRA ABB.					EXTRA ABB.			1				
19:00	55'	YOGA	SALA										SABATO						
DANIELA			2										11.10	50'	FITPANCA	SALA			
19:30	90'	KICK BOXING	SALA										VIRGINIA			2			
EXTRA ABB.			1										14:00	60'	KICK BOXING	SALA			
												EXTRA ABB.		1					



Extra abbonamento  
 SVOLGIMENTO MINIMO 5 PERSONE

