



NC SPORTING



bassa intensità



media intensità



alta intensità

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
	9.10 - 10.00 PUMP VALENTINA - SALA CEDRI		9.10 - 10.00 PUMP VALENTINA - SALA CEDRI			
10.00 - 10.50 ARMONIA&POSTURA FRANCO - SALA CEDRI		10.00 - 10.50 ARMONIA&POSTURA FRANCO - SALA CEDRI		10.00 - 10.50 ARMONIA&POSTURA FRANCO - SALA CEDRI	10.00 - 10.50 MACUMBA CINZIA - SALA CEDRI	
	10.10 - 11.00 MOBILITY SARA - SALA PINI		10.10 - 11.00 MOBILITY SARA - SALA PINI		10.00 - 10.50 POSTURAL FIT FRANCO - SALA PINI	
11.00 - 11.50 RELAX&TONE FRANCO - SALA CEDRI	11.10 - 12.00 YOFIT SARA - SALA PINI	11.00 - 11.50 RELAX&TONE FRANCO - SALA CEDRI	11.10 - 12.00 YOFIT SARA - SALA PINI	11.00 - 11.50 RELAX&TONE FRANCO - SALA CEDRI	11.00 - 11.50 FUNCTIONAL TRAINING FRANCO - SALA CEDRI	
13.30 - 14.20 FUNCTIONAL TRAINING STEFANO - SALA CEDRI	13.30 - 14.20 POWER GLUTES NIKOL - SALA CEDRI	13.30 - 14.20 FUNCTIONAL TRAINING STEFANO - SALA CEDRI	13.30 - 14.20 POWER GLUTES NIKOL - SALA CEDRI	13.30 - 14.20 FUNCTIONAL TRAINING STEFANO - SALA CEDRI		
17.10 - 18.00 POSTURAL FIT ALESSANDRO - SALA PINI	17.00 - 17.50 PILAFIT ARIANNA - SALA CEDRI	17.10 - 18.00 POSTURAL FIT ALESSANDRO - SALA PINI	17.00 - 17.50 PILAFIT ARIANNA - SALA CEDRI	17.10 - 18.00 POSTURAL FIT ALESSANDRO - SALA PINI		
18.10 - 19.00 PUMP NIKOL - SALA PINI	18.00 - 18.50 MACUMBA CINZIA - SALA CEDRI	18.10 - 19.00 PUMP VALENTINA - SALA PINI	18.00 - 18.50 FUNCTIONAL MM CINZIA - SALA CEDRI	18.10 - 19.00 PUMP NIKOL - SALA PINI		
18.30 - 19.20 PILAFIT ARIANNA - SALA CEDRI	18.00 - 18.50 POSTURAL FIT FRANCO - SALA PINI	18.30 - 19.20 PILAFIT ARIANNA - SALA CEDRI	18.00 - 18.50 POSTURAL FIT FRANCO - SALA PINI	18.30 - 19.20 PILAFIT ARIANNA - SALA CEDRI		
19.10 - 20.00 BODYWEIGHT SARA - SALA CEDRI	19.20 - 20.10 FUNCTIONAL TRAINING FRANCO - SALA CEDRI	19.10 - 20.00 BODYWEIGHT SARA - SALA CEDRI	19.20 - 20.10 FUNCTIONAL TRAINING FRANCO - SALA CEDRI	19.10 - 20.00 BODYWEIGHT SARA - SALA CEDRI		
19.30 - 20.20 PILAFIT GIULIA - SALA PINI	19.00 - 19.50 YOFIT GIULIA - SALA PINI	19.30 - 20.20 PILAFIT GIULIA - SALA PINI	19.00 - 19.50 YOFIT GIULIA - SALA PINI			
20.10 - 21.00 STRENGTH & CONDITIONING SARA - SALA CEDRI		20.10 - 21.00 STRENGTH & CONDITIONING SARA - SALA CEDRI		20.10 - 21.00 STRENGTH & CONDITIONING SARA - SALA CEDRI		

ORARIO SALA PESI

LUN-MERC-VEN: 7.00 - 21.30

MART-GIOV: 8.00 - 21.30

SABATO: 9.00 - 18.00

DOMENICA: 9.00 - 14.00