

# ***PLANNING CORSI 2011/2012***

<b>ORARIO</b>	<b>LUNEDI</b>	<b>MARTEDI</b>	<b>MERCOLEDI</b>	<b>GIOVEDI</b>	<b>VENERDI</b>	<b>SABATO</b>	<b>DOMENICA</b>
12-12,45		<b>YOGA (Mary)</b>		<b>YOGA (Mary)</b>			
12,45-13,30		<b>Stretching (Mary)</b>	<b>G.a.g. (Max) 12.45-13.45</b>	<b>Stretching (Mary)</b>			
13.15-14.15	<b>Total Body (Max)</b>						
16 - 17	<b>Stretching tone (Max)</b>					<b>Upper Body + Addominali (Max)</b>	<b>Spinning (Davide)</b>
18,30 19,30	<b>Addominali (Max) 18,30-19</b>		<b>PILATES (Jaqueline) 18,30/19,30</b>		<b>Power yoga 18,30/20</b>	<b>Gambe-Glutei (Max) 17-17,30</b>	<b>Total Body (Davide) 17-18</b>
19-20	<b>Gambe-Glutei (Max) 19-19,30</b>	<b>TOTAL BODY WORKOUT*** (Arianna)</b>	<b>PILATES (Jaqueline) 19,30/20,30</b>	<b>UPPER BODY (Arianna)</b>		<b>Stretching (Max) 17,30-18,00</b>	
20-21	<b>Step - stretching (Max) 19,30-20,30</b>	<b>Ultra abdominal &amp; stretching (Arianna) 20.00-20.45</b>		<b>GAG (Arianna)</b>			