



CORSI DI ATTIVITA' MOTORIA INDOOR - OUTDOOR

Discipline CONI n° 111 - 113 - 114 (sport Ginnastica n° 35)

Disciplina CONI n° 224 (sport Pugilato n° 65)

FITNESS - CASSIANTICA

| | LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO |
|--------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------|--------------------------|
| 8.00 | PILATES Kuti | | PILATES Kuti | | PILATES Kuti | |
| 8.45 | | HATHA YOGA Alessia | | HATHA YOGA Alessia | | HATHA YOGA Alessia |
| 9.00 | TOTAL BODY Katia | | TOTAL BODY Katia | | TOTAL BODY Katia | KICK BOXING Roberto |
| 10.00 | PILATES Daniela | TOTAL BODY + GAG Giuliana | PILATES Daniela | TOTAL BODY + ABS Giuliana | PILATES Daniela | TOTAL BODY Giuliana |
| 11.00 | | BODY BALANCE Giuliana | | BODY BALANCE Giuliana | | BODY BALANCE Giuliana |
| 11.10 | POSTURALE Federica G. | | POSTURALE Federica G. | | POSTURALE Federica G. | |
| 12.00 | | BIOENERGYM Stefano Conte | | BIOENERGYM Stefano Conte | | MACUMBA Romina |
| 13.30 | POWER PUMP Giuliana | FUNCTIONAL TRAINING Brigitta | TOTAL BODY Giuliana | FUNCTIONAL TRAINING Brigitta | AEROBICA STEP Giuliana | |
| 16.30 | | TOTAL BODY Daniela | | TOTAL BODY Daniela | | |
| 17.00 | HDP Virginia | | G&G Virginia | | AKI PUMP Virginia | |
| 18.00 | SUPER JUMP Veronica | PILOGA Kuti | SUPER JUMP Veronica | PILOGA Kuti | SUPER JUMP Antonella | |
| 19.00 | | CIRCUIT TRAINING Stefano | | CIRCUIT TRAINING Stefano | | |
| 19.00 | | TOTAL BODY WORKOUT Alessandra | | TOTAL BODY WORKOUT Alessandra | | |
| 19.15 | MACUMBA Valentina F. | | FUNCTIONAL MM Valentina F. | | MACUMBA Valentina F. | |
| 20.00 | | KICK BOXING Roberto | | KICK BOXING Roberto | | |
| 20.15 | FUNCTIONAL TRAINING Valentina | | FUNCTIONAL TRAINING Valentina | | | |

● OUTDOOR

● A PAGAMENTO

CORSO DIDATTICO SPORTIVO DI:

Disciplina CONI n° 77 (sport Ciclismo n° 24)

SPINNING - CASSIANTICA

| | LUNEDI | MARTEDI | MERCOLEDI | GIOVEDI | VENERDI | SABATO |
|--------------|----------|---------|-----------|---------|----------|--------|
| 11.00 | | | | | | KATIA |
| 13.30 | COSTANZA | CAMILLA | COSTANZA | CAMILLA | COSTANZA | |
| 19.00 | ROBERTA | | ROBERTA | | ROBERTA | |