

OPEN DAY 11 e 17 Settembre 2011

A.I.C.S.

LEZIONI GRATUITE

C.O.N.I.



NEW FITNESS CLUB

Associazione Sportiva Dilettantistica

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www.newfitnessclub.eu

DOMENICA 11 SETTEMBRE 2011

10.00/10.40 SALA A	WALKING	LORENZO	14.00/14.40 SALA A	BOOT CAMP	CHIARA
			15.00/15.40 SALA A	WALKING	LORENZO
10.00/10.40 SALA B	BODY PUMP	CHIARA	14.00/14.40 SALA B	STEP E PROUD	ANABEL
11.00/11.40 SALA B	TOTAL BODY	CHIARA	15.00/15.40 SALA B	GAG	MONYA
12.00/12.40 SALA B	HIP HOP ADULTI	ANABEL	16.00/16.40 SALA B	FAT ATTACK	MONYA
			17.00/17.40 SALA B	FIT BOX	MONYA
10.00/10.40 SALA C	PILATES	ANABEL	15.00/15.40 SALA C	PILATES	ANABEL
11.00/11.40 SALA C	YOGA DINAMIC	ANABEL	16.00/16.40 SALA C	POSTURAL	ANABEL

SABATO 17 SETTEMBRE 2011

12.00/12.40 SALA A	WALKING	LORENZO	15.00/15.40 SALA A	BODY PUMP	CHIARA
			16.00/16.40 SALA A	WALKING	LORENZO
10.00/10.40 SALA B	GAG	MONYA			
11.00/11.40 SALA B	FIT BOX	MONYA	14.00/14.40 SALA B	STEP E PROUD	ANABEL
			15.00/15.40 SALA B	HIP HOP BABY	ANABEL
			16.00/16.40 SALA B	YOGA DINAMIC	ANABEL
10.00/10.40 SALA C	PILATES	ANABEL	17.00/17.40 SALA B	HIP HOP ADULTI	ANABEL
11.00/11.40 SALA C	YOGA DINAMIC	ANABEL			
12.00/12.40 SALA C	POSTURAL	ANABEL	16.00/16.40 SALA C	MEDITAZIONE MENTALE	STEFANIA