

# CORSI 2021/2022

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
12.30	FITNESS <i>Functional Step</i> (Laura)	12.30 FITNESS <i>Pilates</i> (Laura)	12.30 FITNESS <i>Super G.A.G.</i> (Arianna)	12.30 FITNESS <i>Pilates</i> (Arianna)	12.30 FITNESS <i>G.A.G.</i> (Laura)
13.15	FITNESS <i>Upper&amp;Core</i> (Laura)	13.15 FINESS <i>Total Body HIIT</i> (Laura)	13.15 FITNESS <i>Circuit</i> (Arianna)	13.15 FITNESS <i>TBW</i> (Arianna)	13.15 FITNESS <i>Total Body</i> (Laura)
19.00	FITNESS <i>Spinning</i> (Bronwen)	19.15 Squash Training (Oliver)	19.00 FITNESS <i>Body Pump</i> (Luca)	19.00 FITNESS <i>Circuit</i> (Bronwen)	
19.45	FITNESS <i>Circuit</i> (Bronwen)		19.45 FITNESS <i>Kombat</i> (Luca)	19.45 FITNESS <i>Spinning</i> (Bronwen)	

