

VIRTUAL CORSI

2016 - 2017

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
06:45 ADDOMINALI 12	06:45 ADDOMINALI 10	06:45 PILATES ADDOME 4	06:45 ADDOMINALI 7	06:45 ADDOMINALI 9		
07:00 WORKOUT CCT2	07:00 GAG 4	07:00 WORKOUT 10	07:00 WORKOUT 7	07:00 WORKOUT CCT2		
07:45 ADDOMINALI 7	07:45 ADDOMINALI 9	07:45 ADDOMINALI 12	07:45 ADDOMINALI 10	07:45 PILATES ADDOME 4		
08:00 BODY PUMP 3	08:00 PILATES 3	08:00 BODY PUMP 3	08:00 PILATES 4	08:00 BODY PUMP 4		
08:45 ADDOMINALI 10	08:45 ADDOMINALI 4	08:45 ADDOMINALI 7	08:45 ADDOMINALI 9	08:45 ADDOMINALI 12		
09:00 WORKOUT 7	09:00 WORKOUT 8	09:00 WORKOUT 9	09:00 GAG 4	09:00 WORKOUT CCT2		
09:45 ADDOMINALI 9	09:45 ADDOMINALI 12	09:45 ADDOMINALI 10	09:45 PILATES ADDOME 4	09:45 ADDOMINALI 7	09:45 ADDOMINALI 9	09:45 ADDOMINALI 12
10:00 WORKOUT CCT2	10:00 GAG 4	10:00 WORKOUT 10	10:00 WORKOUT 7	10:00 WORKOUT 9	10:00 GAG 4	10:00 PILATES 3
10:45 PILATES ADDOME 4	10:45 ADDOMINALI 7	10:45 ADDOMINALI 9	10:45 ADDOMINALI 12	10:45 ADDOMINALI 10	10:45 PILATES ADDOME 4	10:45 ADDOMINALI 7
11:00 BODY PUMP 3	11:00 PILATES 3	11:00 BODY PUMP 3	11:00 PILATES 4	11:00 BODY PUMP 4	11:00 BODY PUMP 3	11:00 BODY PUMP 4
11:45 ADDOMINALI 12	11:45 ADDOMINALI 10	11:45 PILATES ADDOME 4	11:45 ADDOMINALI 7	11:45 ADDOMINALI 9	11:45 ADDOMINALI 12	11:45 ADDOMINALI 10
12:00 WORKOUT 7	12:00 WORKOUT 8	12:00 WORKOUT 9	12:00 GAG 4	12:00 WORKOUT CCT2	12:00 WORKOUT 11	12:00 PILATES 3
12:45 ADDOMINALI 7	12:45 ADDOMINALI 9	12:45 ADDOMINALI 12	12:45 ADDOMINALI 10	12:45 PILATES ADDOME 4	12:45 ADDOMINALI 7	12:45 ADDOMINALI 9
13:00 WORKOUT CCT2	13:00 GAG 4	13:00 WORKOUT 10	13:00 WORKOUT 7	13:00 WORKOUT 9	13:00 BODY PUMP 3	13:00 BODY PUMP 4
13:45 ADDOMINALI 10	13:45 PILATES ADDOME 4	13:45 ADDOMINALI 7	13:45 ADDOMINALI 9	13:45 ADDOMINALI 12	13:45 ADDOMINALI 10	13:45 PILATES ADDOME 4
14:00 WORKOUT 7	14:00 PILATES 3	14:00 WORKOUT 9	14:00 PILATES 4	14:00 BODY PUMP 4	14:00 PILATES 4	14:00 PILATES 3
14:45 ADDOMINALI 9	14:45 ADDOMINALI 12	14:45 ADDOMINALI 10	14:45 PILATES ADDOME 4	14:45 ADDOMINALI 7	14:45 ADDOMINALI 9	14:45 ADDOMINALI 12
15:00 BODY PUMP 3	15:00 WORKOUT 8	15:00 BODY PUMP 3	15:00 GAG 4	15:00 WORKOUT CCT2	15:00 GAG 4	15:00 WORKOUT 11
15:45 PILATES ADDOME 4	15:45 ADDOMINALI 7	15:45 ADDOMINALI 9	15:45 ADDOMINALI 12	15:45 ADDOMINALI 10	15:45 PILATES ADDOME 4	15:45 ADDOMINALI 7
16:00 WORKOUT CCT2	16:00 GAG 4	16:00 WORKOUT 10	16:00 WORKOUT 7	16:00 WORKOUT 9	16:00 BODY PUMP 3	16:00 BODY PUMP 4
16:45 ADDOMINALI 12	16:45 ADDOMINALI 10	16:45 PILATES ADDOME 4	16:45 ADDOMINALI 7	16:45 ADDOMINALI 9	16:45 ADDOMINALI 12	16:45 ADDOMINALI 10
17:00 BODY PUMP 3	17:00 PILATES 3	17:00 BODY PUMP 3	17:00 PILATES 4	17:00 BODY PUMP 4	17:00 PILATES 4	17:00 WORKOUT 11
17:45 ADDOMINALI 7	17:45 ADDOMINALI 9	17:45 ADDOMINALI 12	17:45 ADDOMINALI 10	17:45 PILATES ADDOME 4	17:45 ADDOMINALI 7	17:45 ADDOMINALI 9
18:00 WORKOUT 7	18:00 WORKOUT 8	18:00 WORKOUT 9	18:00 GAG 4	18:00 WORKOUT CCT2	18:00 WORKOUT 11	18:00 WORKOUT 7
18:45 ADDOMINALI 10	18:45 PILATES ADDOME 4	18:45 ADDOMINALI 7	18:45 ADDOMINALI 9	18:45 ADDOMINALI 12	18:45 ADDOMINALI 10	18:45 PILATES ADDOME 4
19:00 WORKOUT CCT2	19:00 GAG 4	19:00 WORKOUT 10	19:00 WORKOUT 7	19:00 WORKOUT 9		
19:45 ADDOMINALI 9	19:45 ADDOMINALI 12	19:45 ADDOMINALI 10	19:45 PILATES ADDOME 4	19:45 ADDOMINALI 7		
20:00 WORKOUT 7	20:00 WORKOUT 8	20:00 WORKOUT 9	20:00 GAG 4	20:00 WORKOUT CCT2		
20:45 PILATES ADDOME 4	20:45 ADDOMINALI 7	20:45 ADDOMINALI 9	20:45 ADDOMINALI 12	20:45 ADDOMINALI 10		
21:00 WORKOUT CCT2	21:00 GAG 4	21:00 WORKOUT 10	21:00 WORKOUT 7	21:00 WORKOUT 9		
21:45 ADDOMINALI 12	21:45 ADDOMINALI 10	21:45 PILATES ADDOME 4	21:45 ADDOMINALI 7	21:45 ADDOMINALI 9		
22:00 BODY PUMP 3	22:00 PILATES 3	22:00 BODY PUMP 3	22:00 PILATES 4	22:00 BODY PUMP 4		
22:45 ADDOMINALI 7	22:45 ADDOMINALI 9	22:45 ADDOMINALI 12	22:45 ADDOMINALI 10	22:45 PILATES ADDOME 4		