

Atletic Club asd - Orario Corsi 2021/2022

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ	
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
		Corpo Libero 09.10 > 10.00				Stretching 09.10 > 10.00		GAG 09.10 > 10.00	
Tone up 11.00 > 11.50									
Core Training 12.45 > 13.30	Spinning 12.45 > 13.30	B.B.E. 12.45 > 13.30	Yoga 12.45 > 13.30	Super Jump 12.45 > 13.30	Spinning 12.45 > 13.30	Cross Cardio 12.45 > 13.30		Mobility 12.45 > 13.30	Spinning 12.45 > 13.30
Reggaeton 17.15 > 18.00				TRX 17.15 > 17.45				Super Jump 17.15 > 18.05	
	Striding 18.00 > 18.45				Super Jump 18.00 > 18.50				
B.B.E. 18.10 > 19.00		Yoga 18.10 > 19.00		1 More Rep 18.10 > 19.00		Reejam 18.10 > 19.00		Step 18.10 > 19.00	
			Spinning 18.30 > 19.20						
	Animal Flow 19.00 > 19.50						Spinning 19.00 > 19.50		
1 More Rep 19.10 > 20.00		Core Training 19.10 > 19.40		Cross Cardio 19.10 > 20.00	GAG 19.10 > 20.00	Mobility 19.10 > 20.00		Cross Cardio 19.10 > 20.00	
		Power Jump 19.45 > 20.30							
	Spinning 20.00 > 20.50						Spinning 20.00 > 20.50		
				Yoga 20.10 > 21.00		TRX 20.10 > 20.40			

Durante la crisi sanitaria tutte le lezioni devono obbligatoriamente essere prenotate