

PROGRAMMA CORSI / KURSPROGRAMM

	MO/LUN	DI/MAR	MI/MER	DO/GIO	FR/VEN	SA/SAB
09.00-09.30	VOLGRA CIRCUIT		VOLGRA CIRCUIT			
09.30-10.00				CROSSFIT*		
10.00-10.30	BODYTONING	PILATES	BODYTONING	PILATES	THERABALL	
10.30-11.00					STABY GYM	
12.45-13.15	BODYTONING	METABOLIC EXERCISE TRAINING	PILATES	BODYTONING	ABDOMINAL	
13.15-13.45	VOLGRA C.		VOLGRA C.		VOLGRA C.	
17.30-18.00	THERABALL	VOLGRA CIRCUIT	STEP DANCE	METABOLIC EXERCISE TRAINING		BODYTONING
18.00-18.30	STABY GYM VOLGRA C.	ABDOMINAL			GAG BBP	
18.30-19.00	REBOUNDAIR	PILATES	BODYTONING	BODY PUMP	STRETCH RELAX	
19.00-19.30	POWER YOGA					
19.30-20.00		BODY PUMP CROSSFIT*	POWER YOGA CROSSFIT*	PILATES		
20.00-20.30	DRUMS + MORE					
20.30-21.00				SELF DEFENSE		
21.00-21.30						
21.30-22.00						

WORKOUT/CARDIO	CARDIO	BODY&MIND	CIRCUIT	ENDURANCE
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* Sala spinning/ Spinning Raum

- Durata 25/55 min; minimo 3 persone; é gradita la puntualità e munirsi di un' asciugamano per l'allenamento;
- Kursdauer 25/55 min; mindestens 3 Personen; es wird um Pünktlichkeit gebeten und bitte Handtuch mitbringen;

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