

LUNEDÌ

SALA 1SALA 2SALA 3

06:30 PILATES LUCIA DAMIANO	07:00 GROUP CYCLING STEFANIA STAGNITTA	
10:00 METABOLIC TRAINING STEFANIA PELUSO		
13:30 CARDIO STEFANIA PELUSO	14:00 GROUP CYCLING DINO VITELLO	13:30 YOGILATES EMANUEL VETRO
17:00 RITMICA 3-6 ANNI		18:00 YOGILATES EMANUEL VETRO
18:00 TEAMBEATS ROBERTA MASSIMINO	17:00 KICK BOXING 6-8 PAOLO MORDINO	18:00 POWER YOGA FLOW EMANUEL VETRO
19:00 CARDIOTONO CARRIELLA GONZALEZ	18:00 KICKBOXING 9-12 PAOLO MORDINO	
	19:15 KICKBOXING 14+ PAOLO MORDINO	

MARTEDÌ

SALA 1SALA 2SALA 3

06:00 POSTURAL TRAINING MARCELLO GRECO		
13:30 METABOLIC TRAINING CARRIELLA GONZALEZ	13:30 GROUP CYCLING DINO VITELLO	
17:00 OLISTIC WORKOUT CRISTIAN FARDOLFO	16:00 4-7 ANNI KARATE MAURIZIO PROFETA	18:00 YOGA WYMIASA GIULIA GILLETTI
18:00 ZUMBA PIERO SAMMARCO	17:00 KARATE MAURIZIO PROFETA	19:00 COMBO JUMP ROBERTA MASSIMINO
19:15 SPARTAN TEAMBEATS CLAUDIO BENTIVENGA	18:30 GROUP CYCLING STEFANIA STAGNITTA	20:00 CARAIBICO BASE PIERO SAMMARCO
20:15 CARAIBICO AVANZATO PIERO SAMMARCO	19:30 GROUP CYCLING STEFANIA STAGNITTA	21:00 CARAIBICO INTERMEDIO PIERO SAMMARCO

MERCOLEDÌ

SALA 1SALA 2SALA 3

06:30 PILATES LUCIA DAMIANO	07:00 GROUP CYCLING STEFANIA STAGNITTA	
18:00 TEAMBEATS STEFANIA PELUSO		
13:30 BODY STUDIO PUMP STEFANIA PELUSO	13:30 FLYING YOGA CATERINA CROCE	13:30 POWER YOGA EMANUEL VETRO
17:00 RITMICA 3-6 ANNI	17:00 KICK BOXING 6-8 PAOLO MORDINO	18:00 POWER YOGA EMANUEL VETRO
18:00 TOTAL BODY PIERO PAESANO	18:10 KICKBOXING 9-12 PAOLO MORDINO	18:00 POWER YOGA EMANUEL VETRO
19:00 BODY STUDIO PUMP CARRIELLA GONZALEZ	19:15 KICKBOXING 14+ PAOLO MORDINO	

GIOVEDÌ

SALA 1SALA 2SALA 3

06:00 POSTURAL TRAINING MARCELLO GRECO		
13:30 TEAMBEATS CARRIELLA GONZALEZ	13:30 GROUP CYCLING DINO VITELLO	
17:00 OLISTIC WORKOUT CRISTIAN FARDOLFO	16:00 4-7 ANNI KARATE MAURIZIO PROFETA	18:00 YOGA VINYASA GIULIA GILLETTI
18:00 ZUMBA PIERO SAMMARCO	17:00 KARATE 6-8 MAURIZIO PROFETA	19:00 ZUMBA FITNESS ROBERTA MASSIMINO
19:15 SPARTAN TEAMBEATS CLAUDIO BENTIVENGA	18:30 GROUP CYCLING STEFANIA STAGNITTA	20:00 CARAIBICO BASE ANNA PATERMOSTRO
20:15 CARAIBICO AVANZATO PIERO SAMMARCO	19:30 GROUP CYCLING STEFANIA STAGNITTA	21:00 CARAIBICO INTERMEDIO ANNA PATERMOSTRO

ENERGIA VENERDÌ

SALA 1SALA 2SALA 3

06:30 PILATES LUCIA DAMIANO	07:00 GROUP CYCLING STEFANIA STAGNITTA	
10:00 HOT BODY TRAINING STEFANIA PELUSO		
13:30 TEAMBEATS STEFANIA PELUSO	13:30 FLYING YOGA CATERINA CROCE	13:30 POWER YOGA EMANUEL VETRO
	17:00 KICK BOXING 6-8 PAOLO MORDINO	
18:00 FUNCTIONAL TRAINING PIERO PAESANO	18:10 KICKBOXING 9-12 PAOLO MORDINO	
19:00 TEAMBEATS CARRIELLA GONZALEZ	19:15 KICKBOXING 14+ PAOLO MORDINO	19:00 YOGILATES EMANUEL VETRO

SABATO

SALA 1SALA 2SALA 3

	10:15 GROUP CYCLING STEFANIA STAGNITTA	
10:00 YOGA WYMIASA GIULIA GILLETTI		

CATEGORIE:

OLISTICO

Attività sportiva ginnastica finalizzata alla salute e al fitness

SCUOLE

CARDIO

BALLO

POWER

CYCLING

ACQUA

Attività ginnico-motorie acquatiche applicative alle discipline del nuoto

LOTTA