

# VERTICAL ACADEMY

WE\_BEAT

CORNEDO

## LUNEDÌ

## MARTEDÌ

## MERCOLEDÌ

## GIOVEDÌ

## VENERDÌ

## SALA CALISTHENICS

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

SALA 1G

SALA 2P

LUNEDÌ

MERCOLEDÌ

		7:00 FUNCTIONAL TRAINING Davida						7:00 FUNCTIONAL TRAINING Davida				
9:00 GYM MUSIC Susi		8:30 CARDIO TONO Marta		9:00 GYM MUSIC Susi		8:30 CARDIO TONO Marta		9:00 PURE PILATES Marta				
10:00 POSTURAL PILATES Giulia				10:00 PURE PILATES Marta								
12:45 FUNCTIONAL TRAINING Davida	12:45 SLOW FIT Roberta	12:45 CARDIO TONO Marta		12:45 FUNCTIONAL JUMP Davida		12:45 CARDIO TONO Marta						
		16:30 POSTURAL PILATES Marta	16:30 FIT&MEET 4MUMS Roberta			16:30 POSTURAL PILATES Marta	16:30 FIT&MEET 4MUMS Roberta					
	17:30 TAEKWONDO RAGAZZI Ilaria B.					17:30 TAEKWONDO RAGAZZI Ilaria B.	17:30 ZUMBA GOLD Susi					
18:10 CIRCUIT TRAINING Giulia	18:30 FIT BOXE Davida	18:30 TABATA Susi	18:30 CIRCUIT TRAINING Giulia	18:10 CIRCUIT TRAINING Giulia	18:30 FIT BOXE Roberta	18:30 ZUMBA STEP Susi	18:30 CIRCUIT TRAINING Giulia	18:30 STRONG NATION Silvia	18:30 FIT4FUN Roberta	18:30 CALISTHENICS Michele	18:30 CALISTHENICS Michele	
	19:30 POWER PILATES Davida	19:30 FUNCTIONAL TRAINING Davida	19:30 KARATE Antonio	19:00 STRONG NATION Silvia		19:30 SLOW FIT Roberta	19:30 KARATE Antonio	19:30 REVOLUTION SAMBA FIT Silvia			19:30 VERTICALISMO Michele	
20:00 ZUMBA Susi				20:00 POWER PILATES Silvia								