



p a l e s t r e

PROGRAMMA CORSI **SALA ENERGIA** **SALA ANIMA** **SALA CORPO**

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8.15 – 21.30 (assistenza tecnica in sala)					10.00-17.00
<u>9.00-10.00</u> Ginn. Dolce (Piercarlo)	<u>9.00-10.00</u> Fit-Mat (Alda)	<u>9.00-10.00</u> Tone up (Francesca)	<u>9.00-10.00</u> Power-fit (Alda)	<u>9.00-10.00</u> Ginn. Dolce (Piercarlo)	
<u>9.30-10.30</u> Tone up (Alda)		<u>9.00-10.00</u> Yoga&Stretch (Giuseppe)		<u>9.30-10.30</u> Tone up (Clelia)	
	<u>10.00-11.00</u> Tonificazione (Stefania)	<u>10.00-11.00</u> # Danzaterapia (Simona.D)	<u>10.00-11.00</u> Tonificazione (Stefania)	<u>9.00-10.00</u> # Reformer Pilates (Alda)	<u>10.30-11.30</u> # Yoga (Giuseppe)
<u>11.00-12.00</u> Ginn. Dolce (Simona.D)	<u>11.00-12.00</u> Posturale (Teo)	<u>11.00-12.00</u> Ginn. Dolce (Simona.D)	<u>11.00-12.00</u> Posturale (Teo)		<u>11.30-12.30</u> JOLLY CLASS
<u>13.00-14.00</u> Step&Tone (Simona.G)	<u>13.15-14.15</u> Total Body (Alda)	<u>13.00-14.00</u> Tone up (Alice)	<u>13.15-14.15</u> Total Workout (Clelia)	<u>13.15-14.15</u> Boot Camp Indoor (Simo. B)	
<u>13.15-14.15</u> Stretch&Tone (Ilaria)	<u>13.00-14.00</u> MTA (Teo)	<u>13.15-14.15</u> Fit-Mat -advanced- (Alda)	<u>13.00-14.00</u> MTA (Teo)	<u>13.00-14.00</u> Stretching (Ilaria)	
<u>13.00-14.00</u> # Reformer Pilates (Alda)				<u>13.00-14.00</u> # Reformer Pilates (Alda)	
<u>16.45-18.00</u> # BABY FUNCTIONAL GYM (Giulia)	<u>17.00-18.00</u> Postural-Tone (Manuela)	<u>17.00-18.00</u> NiA (Nadia)	<u>17.00-18.00</u> Postural-Tone (Manuela)	<u>16.45-18.00</u> # BABY FUNCTIONAL GYM (Giulia)	
<u>18.00-19.00</u> Aerotone (Alice)	<u>18.15-19.15</u> Step&GAG (Simona.G)	<u>18.00-19.00</u> Tone up (Clelia)	<u>18.00-19.00</u> Cardiofit (Debora)	<u>18.00-19.00</u> NiA (Nadia)	Domenica
<u>18.15-19.15</u> Fit-Mat (Alda)	<u>18.00-19.00</u> Stretch&Tone (Fabio)	<u>18.15-19.15</u> Fit-Mat (Alda)	<u>18.15-19.15</u> Stretch&Tone (Piercarlo)	<u>18.30-19.30</u> Stretching (Debora)	10.00-15.00
<u>19.00-20.00</u> # CROSS FIT (Arcangelo)		<u>20.30-21.30</u> # YOGA (Giuseppe)			
<u>19.00-20.00</u> Pump (Simona. B)	<u>19.15-20.15</u> Step (Debora)	<u>19.00-20.00</u> Step&BAT (Stefania)	<u>19.00-20.00</u> Step&Tone (Simona.G)	<u>19.00-20.00</u> Total Body (Stefania)	<u>11.30-12.30</u> FITNESS CLASS
<u>19.15-20.15</u> Stretch&Tone (Alice)	<u>19.00-20.00</u> Stretch&Tone (Francesca)	<u>19.15-20.15</u> Corpo Libero (Clelia)	<u>19.15-20.15</u> Power- flex (Paolo)		
<u>20.00-21.00</u> # CROSS FIT (Arcangelo)	<u>20.30-21.30</u> # PRESCIISTICA (Davide)	<u>20.00-21.00</u> # CROSS FIT (Arcangelo)	<u>20.00-21.00</u> # CROSS FIT (Arcangelo)		
	<u>20.30-21.30</u> #B.A.S (Giuseppe)				

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