

PALESTRA

LUNEDI	17-18.15 modern 2 LARA	18.30-19.45 clax avanzato LARA	20-21.30 modern av. LARA	
MARTEDI	16.30-17.45 gruppo concorsi ISMENE	18-19 hh1 MIRKO	19.15-20.15 hh2 MIRKO	20.30-21.30 hh3 MIRKO
MERCOLEDI	16.45-18 int2 LARA	18.15-19.15 mod2 LARA	19.30-20.45 clax av LARA	21-22 moda v LARA
GIOVEDI	16.30-17.45 gruppo concorsi ISMENE	18-19 hh1 MIRKO	19.15-20.15 hh2 MIRKO	20.30-21.30 hh3 MIRKO
VENERDI	16.45-18 int2 LARA	18.10-19.10 cl3 + int1 LARA	19.10-20.10 int1 LARA	
SABATO	14-15 STRETCH- FLOW/PBT ANNA/BETTY			

SALETTA ROSA

LUNEDI	12.15- 13.10 REF	13.20- 14.15 REF	16.15- 17.10 REF	17.20- 18.15 REF	18.30-19.45 clax 1 CAROLINA	20- 20.55 REF	21.05- 22 REF
MARTEDI				16.55- 17.50 HH 0 MIRKO	18-18.55 REF	19.05- 20 REF	20.10- 21.05 REF
MERCOLEDI	9-9.55 REF	10.05- 11 REF	16.45- 17.30 prop new ELI	17.45- 19 clax 2 ELI	19.15-20.10 REF	20.20- 21.15 REF	21.25- 22.20 REF
GIOVEDI	12.30- 13.25 REF	15.35- 16.30 REF	16.55- 17.40 HH 0 MIRKO	17.50- 18.45 REF	18.55-19.50 REF	20- 20.55 REF	21.05- 22 REF
VENERDI	9-9.55 REF	10.05- 11 REF	17- 17.55 REF	18.05- 19 REF	19.10-20.05 REF	20.15- 21.10 REF	
SABATO	8-8.55 REF	9.05- 10.00 REF	10.10- 11.05 REF	11.15- 12.10 REF	14-14.55 REF	15.05- 16 REF	16.10- 17.05 REF

SALETTA AZZURRA

LUNEDI		17-18.10 clax 2 ELI	18.25-20 clax 3 ELI	20.15-21.15 MAT CAROLINA
MARTEDI	16.15-17 primi passi CAROLINA	17.15-18 p1 CAROLINA	18.15-19.15 p3 CAROLINA	19.30-20.30 MAT CAROLINA
MERCOLEDI		16.45-17.45 P2 CAROLINA	18-19.15 cl1 CAROLINA	19.30-20.30 MOD1 ILA
GIOVEDI	17-17.45 P1 CAROLINA	18-19 P3 CAROLINA	19.15-20.15 MAT CAROLINA	20.30-21.30 FUSION CRISTINA
VENERDI	16.45-17.45 p2 CAROLINA	18-18.45 PROP NEW CAROLINA	19 -20.10 ISMENE PICCOLE	

PRIMI PASSI : MART 16.15-17 (Carolina)

P1 : MART 17.15-18 e GIOV 17-17.45 (Carolina)

P2 : MERC – VEN 16.45-17.45 (Carolina)

P3 : MART 18.15-19.15 e GIOV 18-19 (Carolina)

PROP NUOVO: MERC 16.45-17 (Eli) e VEN 18-18.45 (Caro)

CL1 : LUN 18.30- 19.45 e MERC 18-19.15 (Carolina)

CL2 : LUN 17-18.10 e MERC 17.45-19 (Eli)

CL3: LUN 18.25-20 (Eli) e VEN 18.10-19.10 (Lara)

CL INT1 : VEN 18.10-20.10 (Lara)

CL INT2 : MERC – VEN 16.45-18 (Lara)

CL AV : LUN 18.30-19.45 e MERC 19.30-20.45 (Lara)

MOD 1 : MERC 19.30-20.30 (Ila)

MOD 2 : LUN 17-18.15 e MERC 18.15-19.15 (Lara)

MOD AV : LUN 20-21.30 e MERC 21-22 (Lara)

ISM 1 (PICCOLE) : VEN 19.15-20.15 (Ismene)

ISM 2 (GRANDI) : MART-GIOV 16.30-17.45 (Ismene)

HH0 : MART 16.55-17.50 (Mirko) GIOVEDI 16.55-17.40

HH1 : MART-GIOV 18-19 (Mirko)

HH2 : MART-GIOV 19.15-20.15 (Mirko)

HH3 : MART-GIOV 20.30-21.30 (Mirko)

FUSION : GIOV 20.30-21.30 (Cristina)

MAT LUNEDI : LUNEDI 20.15-21.15 (Caro)

MAT MARTEDI : MARTEDI 19.30-20.30 (Caro)

MAT GIOVEDI : GIOVEDI 19.15-20.15 (Caro)

TONIFICAZIONE : MERCOLEDI 20.30-21.30 ONLINE (Anna)

LABORATORIO STRETCH-FLOW/PBT : SABATO 14-15 (Anna/Betty)