

# CORSI ESTATE 2023

## NUOVO ORARIO DAL 1 GIUGNO

| LUNEDI                      |                           | MARTEDI                   |                           | MERCOLEDI              |                           | GIOVEDI               |                           | VENERDI                      |                 |
|-----------------------------|---------------------------|---------------------------|---------------------------|------------------------|---------------------------|-----------------------|---------------------------|------------------------------|-----------------|
| SALA CORSI                  | SALA FUNCTIONAL           | SALA CORSI                | SALA FUNCTIONAL           | SALA CORSI             | SALA FUNCTIONAL           | SALA CORSI            | SALA FUNCTIONAL           | SALA CORSI                   | SALA FUNCTIONAL |
| 10.00-10.50<br>TOTAL BODY   |                           |                           |                           | 10.00-10.50<br>CIRCUIT |                           |                       |                           | 10.00-10.50<br>FIT & STRETCH |                 |
|                             |                           |                           |                           |                        |                           |                       |                           |                              |                 |
|                             |                           |                           |                           |                        |                           |                       |                           |                              |                 |
|                             | 18.30-19.15<br>FUNCTIONAL | 18.30-19.20<br>TOTAL BODY |                           |                        | 18.30-19.15<br>FUNCTIONAL |                       |                           | 18.30-19.00<br>UPPER BODY    |                 |
| 19.15-19.45<br>ADDOME       | GROUP                     |                           |                           | 19.20-20.10<br>SCULPT  | GROUP                     | SUMMER<br>MASTERCLASS |                           | 19.00-19.30<br>G.A.G.        |                 |
| 19.45-20.15<br>GAMBE&GLUTEI |                           |                           | 19.45-20.30<br>FUNCTIONAL |                        |                           |                       | 19.45-20.30<br>FUNCTIONAL |                              |                 |
|                             |                           |                           | GROUP                     |                        |                           |                       | GROUP                     |                              |                 |
|                             |                           |                           |                           |                        |                           |                       |                           |                              |                 |

| SUMMER MASTERCLASS |                              |       |
|--------------------|------------------------------|-------|
| GIOVEDI 1          | 18.30-19.00 UPPER BODY       | Paola |
|                    | 19.00-19.30 G.A.G.           | Paola |
| GIOVEDI 8          | 18.20-19.10 ZUMBA PARTY      | Vale  |
|                    | 19.15-19.45 SPECIALE GLUTEI  | Marty |
| GIOVEDI 15         | 18.20-19.10 COREO STEP       | Vale  |
|                    | 19.15-19.45 SPECIALE BRACCIA | Marty |
| GIOVEDI 22         | 19.00-19.50 YOGA Tone        | Marty |