

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8:00 – 9:00 RISVEGLIO MUSC. Rita		8:00 – 9:00 CORPO LIBERO Rita		8:00 – 9:00 CORPO LIBERO Rita	
9:00 – 10:00 TOTAL BODY Rita	9:30 – 10:30 ALL. FUNZIONALE Marco	9:00 – 10:00 TOTAL BODY Rita	9:30 – 10:30 ALL. FUNZIONALE Marco	9:00 – 10:00 TOTAL BODY Rita	9:30 – 10:30 PILATES Laura
10:15 – 11:15 ALL.FUNZIONALE Alex	10:45 – 11:45 POST-DINAMICA Antonio	10:00 – 11:00 PILATES Rita	10:45 – 11:45 POST- DINAMICA Antonio	10:15 – 11:15 ALL.FUNZIONALE Alex	10:30 – 11:30 TOTAL BODY Laura
11:30 – 12:30 GYM TONE	12:00 – 13:00 ALL. FUNZIONALE Antonio	11:15 – 12:15 ALL. FUNZIONALE Alex	12:00 – 13:00 ALL. FUNZIONALE Antonio	11:30 – 12:30 GYM TONE	
13:30 – 14:30 TOTAL BODY Gato	14:00 – 15:00 CARDIO-TRAINING Gato	13:30 – 14:25 ZUMBA Gato	14:00 – 14:55 ZUMBA Gato	13:30 – 14:30 ALL FUNZIONALE Alex	
14:30 – 15:25 ZUMBA Gato	16:30 – 17:30 GINN. POSTURALE Cristina		16:30 – 17:30 GINN. POSTURALE Cristina		
17:00 – 18:00 STRETCHING Cristina	17:30 – 18:30 GYM-TONE Gato		17:30 – 18:30 ZUMBA Gato	17:00 – 18:00 PILATES Francesca	
18:00 – 19:00 TOTAL BODY Cristina	18:30 – 19:30 PILATES Francesca	18:00 – 19:00 INTERVAL TRAINING Cristina	18:30 – 19:30 PILATES Francesca	18:00 – 19:00 ALL. FUNZ. Cristina	
19:00 – 20:00 GYM TONE Cristina	19:30 – 20:30 TOTAL BODY Laura	19:00 – 20:00 GYM TONE Cristina	19:30 – 20:30 INTERVAL TRAINING Gato	19:00 – 20:00 GYM TONE Cristina	
20:00 – 21:00 TOTAL BODY Francesco	20:30 – 21:30 CORPO LIBERO Gato	20:00 – 21:00 CORPO LIBERO Francesco	20:30 – 21:30 TOTAL BODY Gato	20:00 – 21:00 ALL. FUNZION. Francesco	
21:00 – 22:00 KUNG FU SANDÀ* Marco		21:00 – 22:00 QIGONG* Francesco F.		21:00 – 22:00 KUNG FU SANDÀ* Marco	

I NOSTRI ORARI:
Lun-Ven: 8:00-22:00
Sab: 8:00-18:00
Via Fonteiana 66 A
TEL: 06/5800329
email: vascellofitness@virgilio.it
www.vascellofitness.com