

Orario dei Corsi Ko-Sen

Lunedì			Martedì		Mercoledì			Giovedì		Venerdì		Domenica
Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1
9.30-10.30 Tone-up			9.30-10.30 Ginnastica dolce					9.30-10.30 Circuit training		9.00-10.00 Yoga	9.30-10.30 Ginnastica dolce	
								10.30-11.30 Pilates		10.15-11.30 Yoga		10.30-11.30 Tone-Up
										14.15-15.15		
			17:45-18:45 Tone-up	17.30-18.30 Judo bambini			17:30-18:30 Judo Bambini		17:30-18:30 Judo bambini	Yoga		
	17.30-18.30 Judo Bambini		18:45-19:15 Gambe Glutei				18.30-20.30 Judo adulti			Yoga	17:00-18:30 Judo Bambini	
18.00-19.00 coreografia step	18.30-19.45 Kung-fu Quan-Ki-Do		19.15-19.45 Addome	Yoga	19.30-20.30 Pilates		19.30-20.30 Spinning		18.00-19.00 Tonificaz. step	17.45-18.45 Tone-Up	18:30-20:00 Judo adulti	
									19.30-20.30 Yoga	18.45-19.15 gambeglutei		
19.30-20.30 Total Body W.	19.45-21.00 Kung-fu	20:00-21:00 Spinning	19.45-20.45 Tone-up	20.00-21.00 Ginnastica di manten.					Total Body W.	19.00-20.00 Yoga	19.15-19.45 addome	20.00-21.00
									20.30-21.30 Life Pump	20.00-21.00		
20.30-21.30 Total Body W.	21.00-22.00 Yoga		20.45-21.45 Total Body W.		20.30-21.30 Aerobox	20.30-22.00 Kung-fu Quan-Ki-Do			Total Body W.	19.45-20.45 tone-up	19.45-20.45 Ginnastica di manten.	
				21.00-22:30 Kick-boxing						20.45-21.45 Total Body W.	21.00-22.00 Yoga	
									21.00-22.30 Kick Boxing			