



**PALINSESTO CORSI 2020-21**

**AREA FITNESS CROSS FUNCTIONAL**



**corsifitness**  
2020-2021

**CROSSTRAINING**  
TORTONA

 **SPINNING®**

 **H.E.A.T.**  
**PROGRAM®**

# FITNESS OLISTICO CROSSTRAINING

corsifitness  
2020-2021

CROSSTRAINING  
TORTONA

## LUNEDI

10.00	G.A.G.
12.45	PILATES
13.00	KETTLEBELL TRAINING
18.00	TOTAL BODY
19.00	STEPBOXING
19.00	KETTLEBELL TRAINING
19.00	CORE MOBILITY
20.00	BODY PUMP
20.00	KETTLEBELL TRAINING

## MARTEDI

9.30	RISVEGLIO MUSCOLARE
18.00	G.A.G.
19.00	CROSS TRAINING
19.00	AEROBICA STEP FITNESS
20.00	CROSS TRAINING

## MERCOLEDI

10.00	PILATES
13.00	G.A.G.
18.00	FUNCTIONAL TRAINING
19.00	BODY TONE
19.00	CALISTHENICS
20.00	BODY PUMP

## GIOVEDI

10.00	G.A.G.
12.45	PILATES
13.00	CROSS TRAINING
18.00	TOTAL BODY
19.00	CROSS TRAINING
19.00	AEROBICA STEP FITNESS
20.00	CORE MOBILITY
20.00	CROSS TRAINING

## VENERDI

9.30	RISVEGLIO MUSCOLARE
13.00	TEAM WOD
13.00	STEPBOXING
17.00	FUNCTIONAL TRAINING
19.00	TEAM WOD
20.00	CALISTHENICS

## SABATO

11.00	BODY PUMP
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# SPINNING | HEAT PROGRAM

SETTEMBRE 2020



## LUNEDI

19.00

SPINNING

20.00

SPINNING

## MARTEDI

12.50

SPINNING

17.45

HEAT  
PROGRAM

18.45

HEAT  
PROGRAM

19.45

HEAT  
PROGRAM

## MERCOLEDI

10.00

HEAT  
PROGRAM

19.00

SPINNING

20.00

SPINNING

## GIOVEDI

17.45

HEAT  
PROGRAM

18.45

HEAT  
PROGRAM

19.45

HEAT  
PROGRAM

## VENERDI

10.00

HEAT  
PROGRAM

19.00

SPINNING

20.00

SPINNING

## SABATO

11.15

SPINNING



L'ABITUDINE CHE TI FA **STARE BENE**

**B** BODY &  
GINNY