



ISCRIZIONE 45 badge 8



ALL INCLUSIVE CON PISCINA

1 MESE x 12	79	EASY	12 MESI	850
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SALA PESI + CORSI AEROBICI

1 MESE X 12	49	EASY/SMART
1 MESE	79	
6 MESI	359	
12 MESI	550	
18 MESI	740	

KETTLEBELL	G.A.G. & CORE
SPINNING	TONIKA DANCE
PILATES	GET BODY
BALLA&BRUCIA	YOGA & MOBILITY
FLEXY	

INGRESSI SALA PESI	X 1	15
	X 10	120
PERSONAL TRAINING	1 LEZ	50
	3 LEZ	110
	10 LEZ	340
	20 LEZ	590
	50 LEZ	1390

POLE DANCE & GINNASTICA AEREA

	1 MESE	3 MESI	12 MESI	EASY X 12	POLE+SALA x12
1H	65	150	530	49	69
2H	95	250	820	75	89
3H	115	320	1050	95	99
FULL	150	400	1300	115	120

INGRESSO SINGOLO 20€

KIDS POLE& AEREA	1 MESE	3 MESI
1H	50	130
2H	70	190

ORARIO: 06.00-23.00 (LUN-VEN) 07.00-18.00 (SAB) 07.00-13.00 (DOM)

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LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI	SABATO
	POLE DANCE 9.00-10.00 Carolina		*POSTURALE 10.15-11.00		COPPELIA 9.30-11.00 POLE DANCE 9.00-10.00 Carolina
*YOGA IN GRAVIDANZA 10.45-11.45			*YOGA MAMMA.BEBE' 11.00-11.45		COPPELIA 11.00-12.00 POLE DANCE 10.00-11.00 Carolina
	POLE DANCE 13.00-14.00 Carolina	COPPELIA 12.30-13.30 Alice		POLE DANCE 13.00-14.00 Carolina	FLEXY 11.00-12.00 Carolina COPPELIA 12.00-13.00
	COPPELIA 14..30-15.30	COPPELIA 15.00-15.45 Alice		COPPELIA 15.00-16.15	
	COPPELIA 15.30-16.15	COPPELIA 15.45-16.30 Alice	COPPELIA 15.45-16.30 Alice	COPPELIA 16.15-17.15 Alice	
*YOGA POSTURALE 17.15-18.00 Alessia POLE DANCE KIDS 16.40-17.40 Carolina	COPPELIA 16.15-17.30 Alice	COPPELIA 16.30-17.30 Alice	COPPELIA 16.30-17.30 Alice POLE DANCE KIDS 16.40-17.40 Carolina		
GET BODY 18.00-18.40 Alessia POLE DANCE 17.40-18.40 Carolina	COPPELIA 17.30-18.30 AEREA KIDS 1730-18.30	COPPELIA 17.30-18.30 Alice *YOGA POSTURALE 17.45 -18.30	COPPELIA 17.30-18.30 Alice POLE DANCE 17.40-18.40 Carolina	PILATES 18.00-18.50 Alessia AEREA KIDS 1730-18.30	
KETTLEBELL 18.45-19.40 Francesco POWER YOGA 18.45-19.30 Alessia	COPPELIA 18.30-19.30 Alice G.A.G. & CORE 18.30-19.30 Francesco	G.A.G. & CORE 18.30-19.30 Francesco PILATES 18.30-19.15 Alessia	COPPELIA 18.30-19.30 Alice PILATES 18.45-19.35 Valentina	KETTLEBELL 18.50-19.50 Riccardo YOGA IN VOLO* 19.00-20.00 Alessia	
SPINNING 19.40-20.40 Flavio POLE DANCE 19.30-20.30 Carolina	BALLA&BRUCIA 19.30-20.30 Emy POLE DANCE 19.30-20.30 Carolina	SPINNING 19.30-20.30 Flavio PILATES 19.15-20.00 Alessia	TONIKA DANCE 19.30-20.30 Monica POLE DANCE 19.40-20.40 Carolina	POLE DANCE 20.00-21.00 Carolina	
POLE DANCE 20.30-21.30 Carolina	SPINNING 20.30-21.30 Susy POLE DANCE 20.30-21.30 Carolina	KENDO 20.45-21.30	SPINNING 20.30-21.30 Susy POLE DANCE 20.40-21.40 Carolina		
	SPINNING ABS 21.30-22.00 Susy	KENDO 21.30-22.45	SPINNING ABS 21.30-22.00 Susy		

*corsi non inclusi