



CORSI **CARDIO**

2009/2010

SALA TECHNOGYM

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9.00-10.00	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	
10.00-11.00	CARDIO <i>Personal Trainer</i>	cardio slim	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	cardio slim	cardio slim
11.00-12.00	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	cardio slim
12.00-13.00	cardio slim	CARDIOFITNESS	cardio slim	CARDIOFITNESS	cardio slim	cardio slim
13.00-14.00	CARDIO <i>Personal Trainer</i>	cardio slim	CARDIO <i>Personal Trainer</i>	cardio slim	cardio slim	cardio slim
14.00-15.00	CARDIO <i>Personal Trainer</i>	CARDIOFITNESS	CARDIO <i>Personal Trainer</i>	CARDIOFITNESS	CARDIO <i>Personal Trainer</i>	
15.00-16.00	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	CARDIO <i>Personal Trainer</i>	
16.00-17.00	16.30-17.30 cardio slim	cardio slim	16.30-17.30 cardio slim	cardio slim	16.30-17.30 cardio slim	
17.00-18.00	17.30-18.30 CARDIOFITNESS	cardio slim	17.30-18.30 cardio slim	cardio slim	17.30-18.30 CARDIOFITNESS	
18.00-19.00	18.30-19.30 cardio slim	cardio slim	18.30-19.30 CARDIOFITNESS	cardio slim	18.30-19.30 cardio slim	
19.00-20.00	19.30-20.30 CARDIOFITNESS	CARDIOFITNESS	19.30-20.30 cardio slim	CARDIOFITNESS	19.30-20.30 CARDIOFITNESS	
20.00-21.00	20.30-21.30 cardio slim	CARDIOFITNESS	20.30-21.30 CARDIOFITNESS	CARDIOFITNESS	20.30-21.30 cardio slim	

Centro Universitario Sportivo di Ferrara A.S.D.

Via Gramiccia,41 44123 Ferrara 0532 708520-22-23 segreteria@cusferrara.it cus@unife.it www.cusferrara.it