



FERRARA
Centro Universitario Sportivo

FITNESS 2009/2010

SALA FITNESS - PALESTRA VERDE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
9.30-10.30	SLIMtonix		SLIMtonix				
10.30-11.30		scul pt		scul pt			
11.00-12.00							SundayFIT
12.00-13.00						<u>BODYFIT</u>	
13.00-14.00	<u>BODYFIT</u>	ABDOMINAL step	GAG	ABDOMINAL step	<u>BODYFIT</u>	scul pt	
14.00-15.00						FITBOXE	
17.00-18.00	SLIMtonix	GAG	<u>BODYFIT</u>	GAG	SLIMtonix		
18.00-19.00	<u>BODYFIT</u>	scul pt	GAG	scul pt	<u>BODYFIT</u>		
18.00-19.00 PAL. VERDE	PILATES		PILATES		PILATES		
19.00-20.00	FITBOXE	<u>BODYFIT</u>	scul pt	<u>BODYFIT</u>	GAG		
19.00-20.00 PAL. VERDE	ABDOMINALfit	YOGA	ABDOMINALfit	YOGA			
20.00-21.00	scul pt	GAG	FITBOXE	GAG	FITBOXE		
20.00-21.00 PAL. VERDE		PILATES		PILATES			
21.00-22.00		FITBOXE		FITBOXE			
21.00-22.15 PAL. VERDE		<i>danza orientale</i>					

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