

# orario corsi

30.03.2020 - 05.04.2020

LIVING SSD  
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| lunedì 30.03.2020                                    | martedì 31.03.2020                                       | mercoledì 01.04.2020                                 | giovedì 02.04.2020                                       | venerdì 03.04.2020                                  | sabato 04.04.2020 | domenica 05.04.2020 |
|--|--|--|--|---|-------------------|---------------------|
| <p>09:00 - 10:00<br/>postural stretch<br/>Giulia</p> | <p>13:30 - 14:30<br/>Power yoga<br/>Cristina</p>         | <p>09:00 - 10:00<br/>postural stretch<br/>Giulia</p> | <p>13:30 - 14:30<br/>Power yoga<br/>Cristina</p>         | <p>10:00 - 11:00<br/>postural stretch<br/>Mirko</p> |                   |                     |
| <p>13:00 - 14:00<br/>Spinning<br/>Carlo</p>          | <p>18:00 - 19:00<br/>pilates<br/>Cristina</p>            | <p>13:30 - 14:30<br/>Fit Energy<br/>Federica</p>     | <p>18:00 - 19:00<br/>Pound Fit<br/>Chiara</p>            | <p>13:30 - 14:30<br/>STRONG<br/>Chiara</p>          |                   |                     |
| <p>13:30 - 14:30<br/>JUMPER<br/>Chiara</p>           | <p>18:00 - 19:00<br/>TRX TRAINING<br/>Giulia</p>         | <p>13:30 - 14:30<br/>Spinning<br/>Carlo</p>          | <p>19:00 - 20:00<br/>Spinning<br/>Marco</p>              | <p>17:00 - 18:00<br/>Spinning<br/>Simona</p>        |                   |                     |
| <p>18:00 - 19:00<br/>STEP<br/>SANDRO</p>             | <p>19:15 - 20:15<br/>CrossFit Condition<br/>Raffaele</p> | <p>13:30 - 14:30<br/>Spinning<br/>Carlo</p>          | <p>19:15 - 20:15<br/>CrossFit Condition<br/>Raffaele</p> | <p>18:00 - 19:00<br/>Fit Energy<br/>Federica</p>    |                   |                     |
| <p>18:30 - 19:30<br/>Calistechincs<br/>Alessio</p>   | <p>19:15 - 20:15<br/>Fitboxe<br/>Federica</p>            | <p>18:00 - 19:00<br/>sport tonic<br/>Mirko</p>       | <p>19:15 - 20:15<br/>Fitboxe<br/>Federica</p>            | <p>18:00 - 19:00<br/>Pump<br/>SANDRO</p>            |                   |                     |
| <p>19:00 - 20:00<br/>TOTAL BODY<br/>SANDRO</p>       | <p>20:00 - 21:00<br/>Spinning<br/>Marco</p>              | <p>18:00 - 19:00<br/>Spinning<br/>Simona</p>         |  | <p>19:00 - 20:00<br/>Easy dance<br/>SANDRO</p>      |                   |                     |
| <p>19:00 - 20:00<br/>Spinning<br/>Carlo</p>          |  | <p>18:30 - 19:30<br/>Calistechincs<br/>Alessio</p>   |  |   |                   |                     |
| <p>20:00 - 21:00<br/>Flex Ability<br/>SANDRO</p>     |  | <p>19:00 - 20:00<br/>pilates<br/>Cristina</p>        |  |   |                   |                     |
|  |  | <p>20:00 - 21:00<br/>Power yoga<br/>Cristina</p>     |  |   |                   |                     |

■ Alta intensità     
 ■ Bassa intensità     
 ■ Media intensità

aggiornato il: 03.04.2020