



PLANNER SOULFUL FITNESS - MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am			POWER CIRCUIT CORE E ABS DANI		POWER CIRCUIT GAMBE E GLUTEI DANI	
9.00 am 10.00 am	POWER CIRCUIT GAMBE E GLUTEI DANI	POWER CIRCUIT CORE E ABS DANI	POWER CIRCUIT UPPER BODY DANI	POWER CIRCUIT UPPER BODY DANI	POWER CIRCUIT TOTAL BODY DANI	GAG ANNIE
10.00 am 11.00 am	POWER CIRCUIT CORE E ABS DANI	POWER CIRCUIT TOTAL BODY DANI	POWER CIRCUIT GAMBE E GLUTEI DANI	GAG DANI	POWER CIRCUIT UPPER BODY DANI	POWER CIRCUIT TOTAL BODY ANNIE
11.00 am 12.00 pm						
12.00 pm 13.00 pm						
13.00 pm 14.00 pm		GAG DANI		POWER CIRCUIT TOTAL BODY DANI		
14.00 pm 15.00 pm						



PLANNER SOULFUL FITNESS -POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.30 Pm 17.30 Pm	POWER CIRCUIT TOTAL BODY MARCELLO		POWER CIRCUIT GAMBE E GLUTEI MARCELLO		POWER CIRCUIT UPPER BODY MARCELLO	
17.30 Pm 18.30 Pm	17.30-18.15 POWER CIRCUIT TABATA MARCELLO	17.00-18.00 POWER CIRCUIT UPPER BODY Sandro	17.30-18.15 POWER CIRCUIT TABATA MARCELLO	POWER CIRCUIT LOWER BODY Sandro	POWER CIRCUIT TOTAL BODY MARCELLO	
18.30 Pm 19.30 Pm	STEP ALE	18.00-19.00 ALLENAMENTO SISTEMA LINFATICO Sando	POWER CIRCUIT GAMBE E GLUTEI ILARIA	POWER CIRCUIT UPPER BODY Sandro	STEP ALE	
19.30 Pm 20.30 Pm	POWER CIRCUIT GAMBE E GLUTEI ALE	HEELS 19.00-20.00	POWER CIRCUIT CORE E ABS ILARIA	ALLENAMENTO SISTEMA LINFATICO Sandro	POWER CIRCUIT CORE E ABS ALE	
20.30 Pm 21.30 Pm	PRE PUGILISTICA MARCELLO		PRE PUGILISTICA MARCELLO	HEELS		

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