

ATTIVITÀ SETTIMANALI MENDRISIO

03.09.2018 – 14.06.2019

GIORNO	ORARIO	DISCIPLINA	LUOGO
LUNEDÌ	10:00 – 10:50 14:00 – 15:00 18:10 – 19:05 19:00 – 22:00 20:00 – 22:00 20:45 – 22:15	Pilates Bodypump Bodystep Torneo Calcio a 7 Arrampicata indoor Volley	Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality Como Liceo Mendrisio Liceo Mendrisio
MARTEDÌ	09:00 – 10:00 12:15 – 13:15 18:15 – 19:10 19:00 – 22:00 19:20 – 20:20 20:15 – 21:30 20:45 – 22:15	Bodystep Bodypump Slide & Tone Torneo Calcio a 7 Bodypump Nuoto libero Futsal	Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality Como Centro Fitness Quality Piscina Mendrisio Liceo Mendrisio
MERCOLEDÌ	09:00 – 10:00 12:00 – 13:00 17:45 – 18:30 18:00 – 20:00 19:30 – 20:30	Bodypump Nuoto libero Zumba C. Orientamento Bodybalance	Centro Fitness Quality Piscina Mendrisio Centro Fitness Quality ASTI Ticino Centro Fitness Quality
GIOVEDÌ	09:00 – 10:00 12:15 – 13:15 14:00 – 15:00 18:15 – 19:15 19:00 – 21:30	Interval Cardio Bodybalance Interval Cardio Bodypump Nuoto libero	Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality Piscina Mendrisio
VENERDÌ	09:00 – 09:50 12:15 – 13:15 14:00 – 15:00 18:30 – 19:15	Aero Dance Kondi Training Bodybalance Zumba	Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality Centro Fitness Quality
SABATO	11:00 – 12:00	Bodystep	Centro Fitness Quality
DOMENICA	11:00 – 12:00	Bodypump	Centro Fitness Quality

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