



# ORARIO CORSI 2023-24

Dal 18/9/2023 al 16/6/2024

AGGIORNATO AL 16/01/2024

**Fitness Lab Milano SSD**

Via Cavalcabò 3

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	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
08:15						
08:30						
08:45						
09:00		Morning Pilates Sabrina 9,00-10,00 <span style="color: green;">NEW</span>		Morning Gym and Dance Sabrina 9,00-10,00		
09:15						
09:30						
09:45						
10:00	M.E.C.P. fit (Movimento e coordinazione) Simona 10,00-11,00 <span style="color: yellow;">ULTIMI POSTI</span>	Pilates Sabrina 10,00-11,00	M.E.C.P. fit (Movimento e coordinazione) Simona 10,00-11,00	Pilates Sabrina 10,00-11,00	M.E.C.P. fit (Movimento e coordinazione) Simona 10,00-11,00 <span style="color: yellow;">ULTIMI POSTI</span>	Tai Chi [CORSO ESTERNO]
10:15						
10:30						
10:45						
11:00		Total Body Patty 11,00-11,45		Total Body Patty 11,00-11,45		Tai Chi [CORSO ESTERNO]
11:15						
11:30						
11:45						
12:00						
12:15		Pilates in gravidanza Sabrina 12,00-13,00		Pilates in gravidanza Sabrina 12,00-13,00		
12:30						
12:45						
13:00	G.A.G. Patty 13,00-13,45	Pilates Sabrina 13,00-14,00	Tai Chi [CORSO ESTERNO] 13,00-14,00	Pilates Sabrina 13,00-14,00		
13:15						
13:30						
13:45						
16:30						
16:45	KPOP Dance (11-16 anni) Sabrina 16:45-17:45 <span style="color: green;">NEW</span>					
17:00						
17:15						
17:30						
17:45			Teenagers Fit Patty 17,45-18,30		Teenagers Fit Patty 17,45-18,30	
18:00						
18:15						
18:30	Total Body HIIT Patty 18,30-19,15 <span style="color: red;">SOLD OUT</span>	Military Boot Camp Valeria 18,30-19,15 <span style="color: yellow;">ULTIMI POSTI</span>	G.A.G. Patty 18,30-19,15 <span style="color: red;">SOLD OUT</span>	Military Boot Camp Valeria 18,30-19,15	G.A.G. Patty 18,30-19,15 <span style="color: red;">SOLD OUT</span>	
18:45						
19:00						
19:15						
19:30	Step & Tone Patty 19,20-20,05 <span style="color: red;">SOLD OUT</span>	Boxe Valeria 19,15-20,15 <span style="color: yellow;">ULTIMI POSTI</span>	Total Body HIIT Patty 19,20-20,05 <span style="color: red;">SOLD OUT</span>	Boxe Valeria 19,15-20,15 <span style="color: yellow;">ULTIMI POSTI</span>	Total Body HIIT Patty 19,20-20,05 <span style="color: red;">SOLD OUT</span>	
19:45						
20:00						
20:15	Tai Chi [CORSO ESTERNO] 20,30-21,30	Functional Yoga Silvia 20,15-21,15 <span style="color: red;">SOLD OUT</span>	Dance Fever (Master Class) [CORSO ESTERNO] 21,00-22,00	Functional Yoga Silvia 20,15-21,15 <span style="color: red;">SOLD OUT</span>	Mat Pilates Sabrina 20,15-21,15 <span style="color: green;">NEW</span>	
20:30						
20:45						
21:00						