

PLANNING 2022/23

FITNESS

1/2



ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7.00	PUMP Nicola		PUMP Nicola		PUMP Nicola	
7.00		SKILL Nicola		SKILL Nicola		
8.30		PILATES Francesca		PILATES Francesca		
8.30		SKILL Nicola		SKILL Nicola		
9.00	PILATES Francesca		PILATES Francesca		PILATES Francesca	
9.30		GRAVITY Francesca		GRAVITY Francesca		
9.30		YOGA Nicola		YOGA Nicola		
9.30						SKILL Nicola
10.00	GAG Francesca		GAG Francesca		GAG Francesca	
10.30		FISYOGYM Francesca		FISYOGYM Francesca		
10.30						YOGA Nicola
11.00	GRAVITY Francesca		GRAVITY Francesca		GRAVITY Francesca	
13.30	HATHA YOGA Anna (1 h e 30)		HATHA YOGA Anna (1 h e 30)			
14.00	PILATES Aurelia		PILATES Aurelia		PILATES Aurelia	
14.00	SKILL Nicola		SKILL Nicola		SKILL Nicola	SKILL Nicola
15.30	SKILL Nicola		SKILL Nicola		SKILL Nicola	
17.00	HATHA YOGA Anna (1 h e 30)		HATHA YOGA Anna (1 h e 30)			
17.00		GRAVITY Francesca		GRAVITY Francesca		
17.00	PILATES Aurelia		PILATES Aurelia		PILATES Aurelia	
17.00		JKDANCE KIDS Giada		JKDANCE KIDS Giada		
17.00						WALKING Gianni

KENDRO WELLNESS VILLAGE

ACCADEMIA DELLO SPORT KENDRO S.S.D.R.L. - C.F./P.IVA 07785510723
VIA PIRELLI S.N. - TRIGGIANO (BA) | TEL./FAX 080 468 51 12 | INFOKENDRO@GMAIL.COM

PLANNING 2022/23

FITNESS

2/2



ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
18.00	GAG Francesca		GAG Francesca		GAG Francesca	
18.00		TOTAL BODY Giada		TOTAL BODY Giada		
18.00	GRAVITY Grazia		GRAVITY Grazia		GRAVITY Grazia	
18.00	FYSIOGYM Aurelia		FYSIOGYM Aurelia		FYSIOGYM Aurelia	
18.00		PILATES Francesca		PILATES Francesca		
18.00	WALKING Gianni		WALKING Gianni		WALKING Gianni	
18.00		SKILL Nicola		SKILL Nicola		
19.00	YOGA Nicola	YOGA Rocco	YOGA Nicola	YOGA Rocco	YOGA Nicola	
19.00	TOTAL BODY Giuseppe		TOTAL BODY Giuseppe		TOTAL BODY Giuseppe	
19.00	GRAVITY Grazia	GRAVITY Francesca	GRAVITY Grazia	GRAVITY Francesca	GRAVITY Grazia	
19.00	PILATES Aurelia		PILATES Aurelia		PILATES Aurelia	
19.00		JK DANCE Giada		JK DANCE Giada		
19.00	SPINNING Gianni		SPINNING Gianni		SPINNING Gianni	
19.00		SKILL Nicola		SKILL Nicola		
20.00	PUMP Nicola		PUMP Nicola		PUMP Nicola	
20.00		YOGA Rocco		YOGA Rocco		
20.00	PILATES Aurelia		PILATES Aurelia		PILATES Aurelia	
20.00		FIT BOX Giada		FIT BOX Giada		
20.00	WALKING Giuseppe		WALKING Giuseppe		WALKING Giuseppe	
20.00		SKILL Nicola		SKILL Nicola		
20.00		GRAVITY Francesca		GRAVITY Francesca		

KENDRO WELLNESS VILLAGE

ACCADEMIA DELLO SPORT KENDRO S.S.D.R.L. - C.F./P.IVA 07785510723
VIA PIRELLI S.N. - TRIGGIANO (BA) | TEL./FAX 080 468 51 12 | INFOKENDRO@GMAIL.COM