

	GIOVEDÌ 30 MAGGIO	VENERDÌ 31 MAGGIO	SABATO 1 GIUGNO	DOMENICA 2 GIUGNO
10.00/10.30		<b>CRISTIANO LOLLO</b> Olistic Workout®: let's start your daily routine!	<b>CRISTIANO LOLLO</b> Olistic Workout® fascial training	<b>ALEX MANZO</b> Athletic Pilates
10.40/11.10	<b>KATIA VASILENKO</b> Pilates for Functional Training	<b>KATIA VASILENKO</b> Pilates for Functional Training	<b>VALENTINA FURGANI</b> Functional Spring	<b>VALENTINA FURGANI</b> Vertical Spring
11.30-12.00	<b>ALEX MANZO</b> Athletic Pilates	<b>BARBARA MARTELLI</b> Xtempo Energy	<b>KATIA VASILENKO</b> Pilates Choreography	<b>DANIELE SANTORO</b> Functional Body Weight
12.20-12.50	<b>VALENTINA FURGANI</b> Functional Spring	<b>DANIELE SANTORO</b> Functional Body Weight	<b>BARBARA MARTELLI</b> Xtempo Energy	<b>CRISTIANO LOLLO</b> Olistic Workout® postural Mézierès
14.00/14.30	<b>CRISTIANO LOLLO</b> Olistic Workout® Tao Yoga	<b>RETI RESSAR</b> Spring Energie Tonic	<b>CRISTIANO LOLLO</b> Olistic Workout® Qi-Yoga	<b>ALEX MANZO</b> Xtempo Pilates&More
14.40/15.10	<b>DANIELE SANTORO</b> Functional Spring	<b>KATIA VASILENKO</b> Pilates Scoliosis	<b>RETI RESSAR</b> Spring Energie Cardio	<b>VALENTINA FURGANI</b> Functional Spring
15.30/16.00	<b>VALENTINA FURGANI</b> Vertical Funcional	<b>VALENTINA FURGANI</b> Training Revolution	<b>GUIDO BRUSCIA</b> Neutral Boot Camp	<b>DANIELE SANTORO</b> Functional Body Weight
16.20/16.50	<b>BARBARA MARTELLI</b> Xtempo Energy	<b>DANIELE SANTORO</b> Flexibility Flow	<b>DANIELE SANTORO</b> Functional Spring	<b>CRISTIANO LOLLO</b> Olistic Workout® Qi-Yoga
17.00/17.30	<b>KATIA VASILENKO</b> Pilates Choreography	<b>ALEX MANZO</b> Xtempo Pilates&More	<b>ALEX MANZO</b> Xtempo Pilates&More	
17.50-18.20	<b>ALEX MANZO</b> Xtempo P&M	<b>CRISTIANO LOLLO</b> Olistic Workout® Animals	<b>KATIA VASILENKO</b> Pilates for Functional Training	



FUNCTIONAL TRAINING SCHOOL



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