

DATE	CORSI PRECOREOGRAFATI <i>Life</i>	LEZIONI MUSICALI	PERSONAL TRAINER	MEDICAL FITNESS E POSTURALE	PILATES	MASTER TRAINING	FITNESS e BODY BUILDING
SETTEMBRE							
7	LIFE PUMP-COMBAT-YOGA-DANCE (RM)						
13	LIFE PUMP-COMBAT (GE)						
13	LIFE PUMP-COMBAT-YOGA-DANCE (NA)						
14	LIFE PUMP-COMBAT-YOGA-DANCE (RM+MI)					STEP TRAINING (RM)	
20		LEZ. MUSICALI 1 (RM)			INTRO (RM)	CLUB MANAGER 1 (RM)	
21		LEZ. MUSICALI 2 (RM)			INTRO (RM)	CLUB MANAGER 1 (RM)	
27		LEZ. MUSICALI 3 (RM)	PT 1 (MI)	POSTURALE 1 (RM)			BB 1 (MI)
28		LEZ. MUSICALI 4 (RM)	PT 2 (MI)	POSTURALE 2 (RM)			BB 2 (MI)
OTTOBRE							
4		LEZ. MUSICALI 5 (RM)	PT 3 (MI)	POSTURALE 3 (RM)	INTRO (MI)		BB 3 (MI)
4		LEZ. MUSICALI 1 (NA)					
5		LEZ. MUSICALI 6 (RM)	PT 4 (MI)	POSTURALE 4 (RM)	INTRO (MI)	RUN TRAINING (LT)	BB 4 (MI)
5		LEZ. MUSICALI 2 (NA)					
11	PRIMARY CERTIFICATION LIFE PUMP (RM)		PT 5 (MI)	POSTURALE 5 (RM)	MAT 1 (RM+MI)		BB 5 (MI)
12	PRIMARY CERTIFICATION LIFE PUMP (RM)		PT 6 (MI)	POSTURALE 6 (RM)	MAT 1 (RM+MI)		BB 6 (MI)
18		LEZ. MUSICALI 1 (MI)	PT 1 (RM)		INTRO (NA)		BB 1 (RM)
18		LEZ. MUSICALI 3 (NA)			MAT 2 (MI)		
19		LEZ. MUSICALI 2 (MI)	PT 2 (RM)		MAT 2 (MI) + INTRO (NA)	RUN TRAINING (LT)	BB 2 (RM)
19		LEZ. MUSICALI 4 (NA)					
19		BASE SPIN (RM)					
25		LEZ. MUSICALI 3 (MI)	PT 3 (RM)	POSTURALE 1 (MI)			BB 3 (RM)
25		LEZ. MUSICALI 5 (NA)			MAT 2 (RM)		
26		LEZ. MUSICALI 4 (MI)	PT 4 (RM)	POSTURALE 2 (MI)	MAT 2 (RM)	TONIC TRAINING (RM)	BB 4 (RM)
26		LEZ. MUSICALI 6 (NA)					
NOVEMBRE							
8		LEZ. MUSICALI 5 (MI)	PT 5 (RM)	POSTURALE 3 (MI)	REF 1 (RM)		BB 5 (RM)
9		LEZ. MUSICALI 6 (MI)	PT 6 (RM)	POSTURALE 4 (MI)	REF 1 (RM)	RUN TRAINING (MI)	BB 6 (RM)
15		AQUAGYM (RM)		POSTURALE 5 (MI)	REF 2 (RM) + MAT 1 (NA)	SPIN TRAINING (MI)	
16		AQUAGYM (RM)		POSTURALE 6 (MI)	REF 2 (RM) + MAT 1 (NA)	STEP TRAINING (RM) + TONIC TRAINING (RM) + STEP TRAINING (MI)	
22					REF 1 (MI) + MAT 2 (NA)		
23	LIFE PUMP-COMBAT-YOGA-DANCE (RM)				REF 1 (MI) + MAT 2 (NA)	TONIC TRAINING (MI)	
29	LIFE PUMP-COMBAT (GE)						
29	LIFE PUMP-COMBAT-YOGA-DANCE (NA)				REF 2 (MI)		
30	LIFE PUMP-COMBAT-YOGA-DANCE (RM+MI)				REF 2 (MI)		
DICEMBRE							
13					PILATES ATTREZZI (RM+MI)		
14					PILATES ATTREZZI (RM+MI)		

1/2/3 MAGGIO 2009 ALTO IMPATTO CONVENTION TERME POMPEO - FERENTINO (FR) + LIFE PUMP EXTREME CHALLENGE 10