

BIBIONE BE ACTIVE PROGRAM



The program may be changed!

JUNE

	8.30 - 9.30	10.00 - 11.00
Monday 10th	OLISTIC WORKOUT Sonia Zanin	ZUMBA Luca De Nigro
Wednesday 12th	MOBILITY Marta Sanna	ZUMBA Marta Sanna
Friday 14th	MOBILITY Marta Sanna	ZUMBA Marta Sanna
Monday 17th	YOGA Cecilia Migliosi	BODY IN MOVEMENT (funzionale) Manuela d'Amato
Wednesday 19th	POSTURAL FUSION Cecilia Migliosi	ZUMBA Luca De Nigro
Friday 21th	STRETCH FOR STRENGHT Alessandro Muò	BODY IN MOVEMENT (funzionale) Manuela d'Amato
Monday 24th	OLISTIC WORKOUT Sonia Zanin	BODY IN MOVEMENT (funzionale) Manuela d'Amato
Wednesday 26th	MOBILITY Marta Sanna	ZUMBA Marta Sanna
Friday 28th	YOGA BASIC Sonia Zanin	SALSATION Federica Boriani

JULY

	8.30 - 9.30	10.00 - 11.00	9.30 - 10.10
Monday 01st	MOBILITÀ E FLESSIBILITÀ Giovanni Leccese	ZUMBA Giovanni Leccese	
Wednesday 03rd	YOGA BASIC Sonia Zanin	ZUMBA Luca De Nigro	
Friday 05th	OLISTIC WORKOUT Sonia Zanin	SALSATION Federica Boriani	
Monday 08th	OLISTIC WORKOUT Sonia Zanin	ZUMBA Luca De Nigro	YOGA INCLUSIVO Giada Rossi
Wednesday 10th	MOBILITÀ E FLESSIBILITÀ Giovanni Leccese	ZUMBA Giovanni Leccese	
Friday 12th	YOGA BASIC Sonia Zanin	ZUMBA Luca De Nigro	
Monday 15th	YOGA SENSORIALE Cristiano Lollo	ZUMBA Luca De Nigro	
Tuesday 16th	POSTURAL Cristiano Lollo	STRONG NATION Luca De Nigro	
Wednesday 17th	OLISTIC WORKOUT Cristiano Lollo	ZUMBA Luca De Nigro	
Thursday 18th	YOGA BASIC Cristiano Lollo	STRONG NATION Luca De Nigro	
Friday 19th	QI WELL Cristiano Lollo	ZUMBA Luca De Nigro	
Monday 22nd	MOBILITY Jairo Junior	CROSS CARDIO Jairo Junior	
Tuesday 23rd	MOBILITY Jairo Junior	LATIN DANCE Jairo Junior	
Wednesday 24th	MOBILITY Jairo Junior	CROSS CARDIO Jairo Junior	
Thursday 25th	MOBILITY Jairo Junior	LATIN DANCE Jairo Junior	
Friday 26th	MOBILITY Jairo Junior	CROSS CARDIO Jairo Junior	
Monday 29th	STRETCHING Sara Mion	ZUMBA Sara Mion	
Tuesday 30th	GINNASTICA POSTURALE Sara Mion	REEJAM Sara Mion	
Wednesday 31th	PILATES Sara Mion	ZUMBA Sara Mion	

AUGUST

	8.30 - 9.30	10.00 - 11.00	9.30 - 10.10
Thursday 01st	STRETCHING Sara Mion	REEJAM Sara Mion	
Friday 02nd	PILATES Sara Mion	ZUMBA Sara Mion	
Monday 05th	PILATES Carlo Onofrio	ZUMBA Carlo Onofrio	YOGA INCLUSIVO Giada Rossi
Tuesday 06th	STRETCHING Carlo Onofrio	REEJAM Carlo Onofrio	
Wednesday 07th	PILATES Carlo Onofrio	ZUMBA Carlo Onofrio	
Thursday 08th	STRETCHING Carlo Onofrio	REEJAM Carlo Onofrio	
Friday 09th	PILATES Carlo Onofrio	ZUMBA Carlo Onofrio	
Monday 12th	MOBILITY Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Tuesday 13th	POSTURAL Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Wednesday 14th	MOBILITY Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Thursday 15th	PILATES Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Friday 16th	POSTURAL Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Monday 19th	MOBILITY Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Tuesday 20th	PILATES Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Wednesday 21st	POSTURAL Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Thursday 22nd	PILATES Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Friday 23rd	POSTURAL Edoardo Da Silva	REVOLUTION SAMBAFIT Edoardo Da Silva	
Monday 26th	CIRCLE MOBILITY Daniela Acosta	ZUMBA Daniela Acosta	YOGA INCLUSIVO Giada Rossi
Tuesday 27th	YOGA SENSORIALE Cristiano Lollo	STRONG NATION Daniela Acosta	
Wednesday 28th	CIRCLE MOBILITY Daniela Acosta	ZUMBA Daniela Acosta	
Thursday 29th	CIRCLE MOBILITY Daniela Acosta	STRONG NATION Daniela Acosta	
Friday 30th	OLISTIC WORKOUT Cristiano Lollo	ZUMBA Daniela Acosta	

SEPTEMBER

	8.30 - 9.30	10.00 - 11.00
Monday 02nd	YOGA BASIC Sonia Zanin	ZUMBA Luca De Nigro
Wednesday 04th	OLISTIC WORKOUT Sonia Zanin	ZUMBA Luca De Nigro
Friday 06th	YOGA BASIC Sonia Zanin	ZUMBA Luca De Nigro