



# Orario Corsi 2025/26

Centro Bernstein Verona - Lungadige Attiraglio, 34

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ANTI AGE 9-10 Elisabetta 338 9043498	PILATES 10-11 Igor 347 9925880	NEURO MOVE 8-9 José 338 9724989	ANTI AGE 9-10 Elisabetta 338 9043498	PILATES 10-11 Igor 347 9925880	PILATES 9-10 Igor 347 9925880
ANTI AGE 10-11 Elisabetta 338 9043498	FUNCTIONAL TRAINING 13-14 Igor 347 9925880	PILATES 13-14	ANTI AGE 10-11 Elisabetta 338 9043498	PILATES 13-14 Igor 347 9925880	FUNCTIONAL TRAINING 10-11 Igor 347 9925880
ANTI AGE 11-12 Elisabetta 338 9043498	RUNNING SCHOOL 18.30-21 Dario 389 3428579	PILATES 17-18	ANTI AGE 11-12 Elisabetta 338 9043498	TOTAL BODY - NEW! 17.30-18.30 Igor 347 9925880	
FUNCTIONAL TRAINING 13-14 Igor 347 9925880		FUNCTIONAL TRAINING 18-19	FUNCTIONAL TRAINING 13-14 Igor 347 9925880	TOTAL BODY - NEW! 18.30-19.30 Igor 347 9925880	
PILATES 17-18 Igor 347 9925880		FUNCTIONAL TRAINING 19-20 Igor 347 9925880	PILATES 18-19 Igor 347 9925880		
PILATES 18-19 Igor 347 9925880		SALSA E BACHATA PRINCIPIANTI 20-21	PILATES 19-20 Igor 347 9925880		
FUNCTIONAL TRAINING 19-20 Igor 347 9925880		SALSA E BACHATA BASE2 Benny 346 3424809 21-22	FUNCTIONAL TRAINING 20-21 Igor 347 9925880		
FUNCTIONAL TRAINING 20-21 Igor 347 9925880		SALSA E BACHATA PRE- INTERMEDIO 22-23			

Per info: 045 830 0454