

Feel free Walking Day

SABATO 29 MAGGIO

10.00	REGISTRAZIONI	
11.00 - 11.45	ALESSANDRA ANELLI	arms & legs
12.00 - 12.45	LUCA PIANCASTELLI	athletic zone
13.00 - 13.45	EMANUELE MANCINELLI	interval training aerobico
15.30 - 16.15	SASCHA ANTONIUTTI	lipolitic zone
16.30 - 17.15	LUCA PIANCASTELLI	athletic zone II
17.30 - 18.00	LEONIDA CAFORIO	resume

Walking Program Crew

LUCA PIANCASTELLI

Walking Program Founder
Master Trainer
Coordinatore Tecnico "International Walking School"

EMANUELE MANCINELLI

Master Trainer

LEONIDA CAFORIO

Education Team

SASCHA ANTONIUTTI

Education Team

ALESSANDRA ANELLI

Education team

FORMULE

	1 CLASS	2 CLASSES	OPEN
Da 1.03 al 30.04	15.00 €	25.00 €	50.00 €
Da 1.05 al 22.05	18.00 €	30.00 €	60.00 €
In sede	20.00 €	35.00 €	70.00 €

SEDE

Palestra FormaKalaris

via Caboni 7 - Cagliari

INFO: Alessandra 340 1155675