

**Fusolab 2.0**

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Orario Segreteria :  
Lunedì - Sabato 08:30 / 22:00

Viale della Bella Villa 94

**SCONTI**

Famiglia 5€  
Porta un amico 10€  
Primo mese 20€

**PROMO**

Stagionale palestra 170€ Open Fitness \* da 45€  
Palestra plus 10€ Palestra special 50€  
Tesserà 20€

**LISTA CORSI E ORARI**

Attività	Giorni	Orario	Mesi	Data Inizio	PREVENTIVO (N°/MESI/€)
Acrobatica e cerchio aereo	Mar-Gio	12:00-13:15	10	08/09/2020	
Acrobatica e cerchio aereo	Mar-Gio	13:30-14:45	10	08/09/2020	
Acrobatica aerea tessuti e trapezio	Mer	11:30-13:00	10	08/09/2020	
Acrobatica aerea tessuti e trapezio	Lun-Mar-Gio	18:40-19:30	10	08/09/2020	
Acrobatica a terra	Mar-Gio	21:00-22:10	9	29/09/2020	
Aikido - Bambini (4-7)	Lun-Ven	16:50-17:40	9	28/09/2020	
Aikido - Ragazzi (7-12)	Lun-Ven	17:45-18:35	9	28/09/2020	
Arti Circensi e Giocoleria (4-7)	Ven	17:45-18:30	9	02/10/2020	
Bioenergetica 10:00	Gio	10:00-11:10	10	10/09/2020	
Bioenergetica 17:45	Mar	17:45-18:35	10	29/09/2020	
Brucia Grassi 15:30 *	Lun-Mer-Ven	15:30-16:20	10	07/09/2020	
Brucia Grassi 17:45 *	Lun-Mer-Ven	17:45-18:35	10	07/09/2020	
Burlesque 1°	Ven	21:00-22:15	2	02/10/2020	
Burlesque 2°	Lun	21:00-22:15	10	07/09/2020	
Calisthenics 09:30	Lun-Mer-Ven	09:30-10:25	10	07/09/2020	
Calisthenics 11:00	Sab	11:00-11:55	10	12/09/2020	
Calisthenics 12:00	Sab	12:00-12:55	10	12/09/2020	
Calisthenics 13:00	Lun-Mer-Ven	13:00-13:55	10	07/09/2020	
Calisthenics 17:00	Lun-Mar-Mer-Gio-Ven	17:00-17:55	10	07/09/2020	
Calisthenics 18:00	Lun-Mar-Mer-Gio-Ven	18:00-18:55	10	07/09/2020	
Calisthenics 19:00	Lun-Mar-Mer-Gio-Ven	19:00-19:55	10	07/09/2020	
Capoeira - Adulti	Mar-Gio	10:30-11:45	9	29/09/2020	
Capoeira - Adulti	Lun-Mer	21:00-22:15	9	07/09/2020	
Capoeira - Bambini (5-11)	Mar	16:50-17:40	9	29/09/2020	
Crossfit 09:00	Lun-Mer-Ven	09:00-09:50	10	07/09/2020	
Crossfit 10:00	Mar-Gio-Sab	10:00-10:50	10	08/09/2020	
Crossfit 13:00	Lun-Mer-Ven	13:00-13:50	10	07/09/2020	
Crossfit 17:30 - 18:30 - 19:30 - 20:30	Lun-Mer-Ven	55 minuti	10	07/09/2020	
Crossfit 18:00 - 19:00 - 20:00	Mar-Gio	55 minuti	10	07/09/2020	
Danza - Classica 1° (7+)	Lun-Gio	16:50-17:40	9	28/09/2020	
Danza - Classica 2° (12+)	Lun-Ven	18:40-19:50	9	28/09/2020	
Danza - Classica 3° (14+)	Mar-Gio	15:30-16:45	9	29/09/2020	
Danza - Classica Adulti	Lun-Mer	11:30-12:45	10	07/09/2020	
Danza - Contemporanea 15:30	Mer	15:30-16:45	10	30/09/2020	
Danza - Contemporanea 19:50	Lun-Ver	19:50-21:00	10	07/09/2020	
Danza - Giocodanza 10:00 (3-6)	Sab	10:00-10:50	9	26/09/2020	
Danza - Giocodanza 16:50 (3-6)	Mer-Ven	16:50-17:40	9	30/09/2020	
Danza - Hip Hop (10+)	Lun-Gio	17:45-18:35	9	28/09/2020	
Danza - Propedeutica (6-8)	Mer-Ven	17:45-18:35	9	30/09/2020	
Danza - Videodance (10+)	Lun-Ven	15:50-16:40	9	28/09/2020	
Danza del Ventre	Gio	21:00-22:15	9	24/09/2020	
Danze Popolari	Mar	21:00-22:15	9	29/09/2020	
Fit boxe *	Lun-Mer-Ven	19:35-20:25	10	07/09/2020	
Flamenco	Ven	21:00-22:15	9	02/10/2020	
Ginnastica Artistica (4-7)	Mar-Gio	16:50-17:40	9	29/09/2020	
Kali	Mar-Gio	21:00-22:15	10	08/09/2020	
Karate (4-7) 16:50	Mar-Gio	16:50-17:40	9	29/09/2020	
Karate (4-7) 16:50	Mer-Ven	16:50-17:40	9	30/09/2020	
Karate (8-11) 17:45	Mar-Gio	17:45-18:35	9	29/09/2020	
Karate (11+) 18:40	Mar-Gio	18:40-19:30	9	29/09/2020	

<b>Attività</b>	<b>Giorni</b>	<b>Orario</b>	<b>Mesi</b>	<b>Data Inizio</b>	<b>PREVENTIVO (N°/MESI/€)</b>
Krav Maga	Lun-Mer	21:00-22:15	10	07/09/2020	
Kick Boxing - Bambini (6-11)		17:45-18:35	9	28/09/2020	
Kick Boxing - Adulti	Lun-Mer-Ven	18:40-19:30	10	07/09/2020	
Kick Boxing - Adulti	Mar-Gio-Ven	20:30-21:20	10	08/09/2020	
Kung-fu	Lun-Mer	21:00-22:15	10	28/09/2020	
Metabolica	Mar-Gio	09:00-09:50	10	08/09/2020	
Metabolica	Mar-Gio	16:30-17:20	10	08/09/2020	
Meditazione 11:15	Sab	11:15-12:25	10	12/09/2020	
Meditazione 19:45	Gio	19:45-20:55	10	10/09/2020	
Musical (5-8) 10:00	Sab	10:00-11:10	9	03/10/2020	
Musical (9-12) 11:15	Sab	11:15-12:25	9	03/10/2020	
MMA	Lun-Mer	13:00-14:15	10	07/09/2020	
Parkour (10-14)	Mar-Gio	16:50-17:40	9	29/09/2020	
Parkour (6-9)	Mar-Gio	17:45-18:35	9	29/09/2020	
Pilates 10:30	Mer-Ven	10:30-11:20	10	09/09/2020	
Pilates 11:30	Lun-Mer-Gio-Ven	11:30-12:20	10	07/09/2020	
Pilates 12:30	Mer-Ven	12:30-13:20	10	09/09/2020	
Pilates 16:50*	Lun-Mer-Ven	16:50-17:40	10	07/09/2020	
Pilates 17:45	Lun-Mar-Mer-Gio	17:45-18:35	10	07/09/2020	
Pilates 18:40 *	Lun-Mar-Mer-Gio-Ven	18:40-19:30	10	07/09/2020	
Pilates 19:35	Lun-Mar-Mer-Gio	19:35-20:25	10	07/09/2020	
Pilates in volo	Mar-Gio	19:35-20:25	9	24/09/2020	
Pole Dance 17:45	Mer-Ven	17:45-18:35	10	09/09/2020	
Pole Dance 18:40	Mer-Ven	18:40-19:30	10	09/09/2020	
Pole Dance 19:35	Mer-Ven	19:35-20:25	10	09/09/2020	
Posturale 09:30	Lun-Mer-Gio-Ven	09:30-10:20	10	07/09/2020	
Posturale 10:30	Lun-Gio	10:30-11:20	10	07/09/2020	
Posturale 12:30	Lun-Gio	12:30-13:20	10	07/09/2020	
Posturale 16:50	Lun-Mer	16:50-17:40	10	07/09/2020	
Posturale 17:35*	Mar-Gio	17:45-18:35	10	08/09/2020	
Posturale 18:40	Lun-Mar-Mer-Gio	18:40-19:30	10	07/09/2020	
Posturale 19:35 *	Lun-Mer-Ven	19:35-20:25	10	07/09/2020	
Power Pilates 14:30 *	Lun-Mer-Ven	14:30-15:20	10	07/09/2020	
Pugilato - Bambini (6-11)	Lun-Mer	16:50-17:40	9	05/10/2020	
Qi Gong	Sab	10:00-11:10	10	12/09/2020	
Rock'n'Roll	Ven	21:00-22:15	9	25/09/2020	
Salsa 1°	Lun	21:00-22:15	9	28/09/2020	
Salsa 2°	Mer	21:00-22:15	9	30/09/2020	
Strongman	Lun-Mer-Ven	20:30-21:20	10	07/09/2020	
Swing	Gio	21:00-22:15	9	24/09/2020	
Tai Chi 1°	Mer	18:40-19:30	9	30/09/2020	
Tai Chi 2°	Mer	19:35-20:25	10	09/09/2020	
Tango	Mar	20:45-22:45	9	06/10/2020	
Tone Up 10:30 *	Lun-Mer	10:30-11:20	10	07/09/2020	
Tone Up 11:30 *	Mar-Gio	11:30-12:20	10	08/09/2020	
Tonificazione GAG 14:30 *	Mar-Gio	14:30-15:20	10	08/09/2020	
Tonificazione GAG 15:30 *	Mar-Gio	15:30-16:20	10	08/09/2020	
Tonificazione GAG 19:35 *	Mar-Gio	19:35-20:25	10	08/09/2020	
Total Body 09:30 *	Mar-Gio	09:30-10:20	10	08/09/2020	
Total Body 13:00 *	Lun-Mer	13:00-13:50	10	07/09/2020	
Yoga - Bambini (5-11)	Ven	17:00-18:10	9	25/09/2020	
Yoga Fitness 16:40 *	Mar-Gio	16:40-17:30	10	08/09/2020	
Yoga Hatha 10:00 Ma Ve R	Mar-Ven	10:00-11:10	10	08/09/2020	
Yoga Hatha 10:00 Sa L	Sab	10:00-11:10	10	12/09/2020	
Yoga Hatha 18:30 Gi L	Gio	18:30-19:40	10	10/09/2020	
Yoga Hatha 18:30 Ve R	Ven	18:35-19:45	10	11/09/2020	
Yoga Hatha 19:45 Ma R	Mar	19:45-20:55	10	08/09/2020	
Yoga in volo 10:30	Mar	10:30-11:40	9	29/09/2020	
Yoga in volo 13:00	Mar	13:00-14:10	9	29/09/2020	
Yoga in volo 19:35	Ven	19:35-20:45	9	25/09/2020	
Yoga Vinyasa 11:15	Mer	11:15-12:25	9	30/09/2020	
Yoga Vinyasa 18:30	Mar	18:30-19:40	10	08/09/2020	
Zumba 10:30 *	Lun-Mer	10:30-11:20	10	07/09/2020	
Zumba 19:35 *	Mar-Gio	19:35-20:25	10	06/10/2020	



## CALENDARIO CORSI E ORARI 2020/2021

Orario Segreteria: Lunedì - Venerdì 8.30 / 23.00 , Sabato 09.00 / 20.00

ORARIO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00 10.00	Crossfit (09.00 - 09.50)	Metabolica (09.00 - 09.50)	Crossfit (09.00 - 09.50)	Metabolica (09.00 - 09.50)	Crossfit (09.00 - 09.50)	
	Calisthenics (09.30 - 10.25)		Calisthenics (09.30 - 10.25)		Calisthenics (09.30 - 10.25)	
	Posturale (09.30 - 10.20)		Posturale (09.30 - 10.20)	Posturale (09.30 - 10.20)	Posturale (09.30 - 10.20)	Musical (5-8) (10.00 - 11.10)
	Balli di gruppo (10.30 - 11.40)	Total Body * (09.30 - 10.20)	Balli di gruppo (10.30 - 11.40)	Total Body * (09.30 - 10.20)		Qi Gong (10.00 - 11.10)
		Hatha Yoga (10.00 - 11.10)			Hatha Yoga (10.00 - 11.10)	Hatha Yoga (10.00 - 11.10)
10.00 11.30	Tone Up * (10.30 - 11.20)	Crossfit (10.00 - 10.50)	Tone Up * (10.30 - 11.20)	Crossfit (10.00 - 10.50)		Crossfit (10.00 - 10.50)
	Posturale (10.30 - 11.20)	Yoga in volo (10.30 - 11.40)	Pilates (10.30 - 11.20)	Posturale (10.30 - 11.20)	Pilates (10.30 - 11.20)	Giocodanza1 (10.00 - 10.50)
	Zumba * (10.30 - 11.20)	Capoeira (10.30 - 11.45)	Zumba * (10.30 - 11.20)	Capoeira (10.30 - 11.45)		Musical (9-12) (11.15 - 12.25)
			Vinyasa Yoga (11.15 - 12.25)	Bioenergetica (10.00 - 11.10)		Calisthenics (11.00 - 11.55)
11.30 13.00	Danza Classica A (11.30 - 12.45)	Tone Up * (11.30 - 12.20)	Danza Classica A (11.30 - 12.45)	Tone Up * (11.30 - 12.20)		Meditazione (11.15 - 12.25)
	Pilates (11.30 - 12.20)		Pilates (11.30 - 12.20)	Pilates (11.30 - 12.20)	Pilates (11.30 - 12.20)	
		Acrobatica e Cerchio (12.00 - 13.15)	Tessuti e Trapezio (11.30 - 13.00)	Acrobatica e Cerchio (12.00 - 13.25)		Calisthenics (12.00 - 12.55)
	Posturale (12.30 - 13.20)		Pilates (12.30 - 13.20)	Posturale (12.30 - 13.20)	Pilates (12.30 - 13.20)	
	MMA (13.00 - 14.10)		MMA (13.00 - 14.10)			
13.00 15.00	Crossfit (13.00 - 13.50)		Crossfit (13.00 - 13.50)		Crossfit (13.00 - 13.50)	
	Total Body * (13.00 - 13.50)	Yoga in volo (13.00 - 14.10)	Total Body * (13.00 - 13.50)			
	Calisthenics (13.00 - 13.55)	Acrobatica e Cerchio (13.30 - 14.45)	Calisthenics (13.00 - 13.55)	Acrobatica e Cerchio (13.30 - 14.45)	Calisthenics (13.00 - 13.55)	
	Power Pilates * (14.30 - 15.20)	Tonificazione GAG * (14.30 - 15.20)	Power Pilates * (14.30 - 15.20)	Tonificazione GAG * (14.30 - 15.20)	Power Pilates * (14.30 - 15.20)	
15.00 16.30	Danza Videodance (15.50 - 16.40)	Danza Classica 3° (15:30 - 16:45)	Contemporanea (15:30 - 16:45)	Danza Classica 3° (15:30 - 16:45)	Danza Videodance (15.50 - 16.40)	
	Brucia Grassi * (15.30 - 16.20)	Tonificazione GAG * (15.30 - 16.20)	Brucia Grassi * (15.30 - 16.20)	Tonificazione GAG * (15.30 - 16.20)	Brucia Grassi * (15.30 - 16.20)	
16.30 17.00	Pugilato bambini (16.50 - 17.40)	Metabolica (16.30 - 17.20)	Pugilato bambini (16.50 - 17.40)	Metabolica (16.30 - 17.20)	Yoga Bimbi (16.50 - 17.40)	
	Pilates * (16.50 - 17.40)	Ginnastica Artistica (16.50 - 17.40)	Pilates * (16.50 - 17.40)	Ginnastica Artistica (16.50 - 17.40)	Pilates * (16.50 - 17.40)	
	Danza Classica 1° (16.50 - 17.40)	Capoeira Bambini (16.50 - 17.40)	Danza Gioco Danza (16.50 - 17.40)	Danza Classica 1° (16.50 - 17.40)	Danza Gioco Danza (16.50 - 17.40)	
	Posturale (16.50 - 17.40)	Yoga Fitness * (16.40 - 17.30)	Posturale (16.50 - 17.40)	Yoga Fitness * (16.40 - 17.30)		
	Aikido 4-7 (16.50 - 17.40)	Parkour 10-14 (16.50 - 17.40)		Parkour 10-14 (16.50 - 17.40)	Aikido 4-7 (16.50 - 17.40)	
		Karate 4-7 (16.50 - 17.40)	Karate 4-7 (16.50 - 17.40)	Karate 4-7 (16.50 - 17.40)	Karate 4-7 (16.50 - 17.40)	

ORARIO	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
<b>17.00 18.00</b>	Calisthenics ( 17.00 - 17.55 )	Calisthenics ( 17.00 - 17.55 )	Calisthenics ( 17.00 - 17.55 )	Calisthenics ( 17.00 - 17.55 )	Calisthenics ( 17.00 - 17.55 )	
	Crossfit ( 17.30 - 18.20 )		Crossfit ( 17.30 - 18.20 )		Crossfit ( 17.30 - 18.20 )	
	Pilates ( 17.45 - 18.35 )	Pilates ( 17.45 - 18.35 )	Pilates ( 17.45 - 18.35 )	Pilates ( 17.35 - 18.25 )	Arti Circensi ( 17.40 - 18.30 )	
	Hip Hop ( 17.45 - 18.35 )	Bioenergetica ( 17.45 - 18.35 )	Propedeutica ( 17.45 - 18.35 )	Hip Hop ( 17.45 - 18.35 )	Propedeutica ( 17.45 - 18.35 )	
	Brucia Grassi * ( 17.45 - 18.35 )	Posturale * ( 17.45 - 18.35 )	Brucia Grassi * ( 17.45 - 18.35 )	Posturale * ( 17.45 - 18.35 )	Brucia Grassi * ( 17.45 - 18.35 )	
	Kick Boxing bambini ( 17.45 - 18.35 )	Parkour 5-9 ( 17.45 - 18.35 )	Kick Boxing bambini ( 17.45 - 18.35 )	Parkour 5-9 ( 17.45 - 18.35 )	Aikido 7-12 ( 17.45 - 18.40 )	
	Aikido 7-12 ( 17.45 - 18.40 )	Karate 8-11 ( 17.45 - 18.35 )	Pole Dance ( 17.45 - 18.35 )	Karate 8-11 ( 17.45 - 18.35 )	Pole Dance ( 17.45 - 18.35 )	
<b>18.00 19.00</b>	Calisthenics ( 18.00 - 18.55 )	Calisthenics ( 18.00 - 18.55 )	Calisthenics ( 18.00 - 18.55 )	Calisthenics ( 18.00 - 18.55 )	Calisthenics ( 18.00 - 18.55 )	
	Crossfit ( 18.30 - 19:20 )	Crossfit ( 18.00 - 18:50 )	Crossfit ( 18.30 - 19:20 )	Crossfit ( 18.00 - 18:50 )	Crossfit ( 18.30 - 19:20 )	
	Danza Classica 2° ( 18.40 - 19.50 )	Tessuti e Trapezio ( 18.40 - 19.30 )	Tai Chi 1° ( 18.40 - 19.30 )	Tessuti e Trapezio ( 18.40 - 19.30 )	Danza Classica 2° ( 18.40 - 19.50 )	
	Pilates * ( 18.40 - 19.30 )	Pilates * ( 18.40 - 19.30 )	Pilates * ( 18.40 - 19.30 )	Pilates * ( 18.40 - 19.30 )	Pilates * ( 18.40 - 19.30 )	
	Posturale ( 18.40 - 19.30 )	Posturale ( 18.40 - 19.30 )	Posturale ( 18.40 - 19.30 )	Posturale ( 18.40 - 19.30 )	Hatha Yoga ( 18.35 - 19.45 )	
	Kick Boxing ( 18.40 - 19.30 )	Vinyasa Yoga ( 18.30 - 19.40 )	Kick Boxing ( 18.40 - 19.30 )	Hatha Yoga ( 18.30 - 19.40 )	Kick Boxing ( 18.40 - 19.30 )	
	Tessuti e trapezio ( 18.40 - 19.30 )	Karate 8-14 ( 18.40 - 19.30 )	Pole Dance ( 18.40 - 19.30 )	Karate 8-14 ( 18.40 - 19.30 )	Pole Dance ( 18.40 - 19.30 )	
<b>19.00 20.30</b>	Calisthenics ( 19:00 - 19.55 )	Calisthenics ( 19:00 - 19.55 )	Calisthenics ( 19:00 - 19.55 )	Calisthenics ( 19:00 - 19.55 )	Calisthenics ( 19:00 - 19.55 )	
	Crossfit ( 19.30 - 20.20 )	Crossfit ( 19.00- 19.50 )	Crossfit ( 19.30 - 20.20 )	Crossfit ( 19.00- 19.50 )	Crossfit ( 19.30 - 20.20 )	
	Posturale * ( 19.35 - 20.25 )	Pilates in volo ( 19.35 - 20.25 )	Posturale * ( 19.35 - 20.25 )	Pilates in volo ( 19.35 - 20.25 )	Posturale * ( 19.35 - 20.25 )	
	Pilates ( 19.35 - 20.25 )	Pilates ( 19.35 - 20.25 )	Pilates ( 19.35 - 20.25 )	Pilates ( 19.35 - 20.25 )	Yoga in volo ( 19:35 - 20:50 )	
	Contemporanea ( 19.50 - 21.00 )	Hatha Yoga ( 19.45 - 20.55 )	Tai Chi 2° ( 19.35 - 20.25 )	Meditazione ( 19.45 - 20.55 )	Contemporanea ( 19.50 - 21.00 )	
	FitBoxe * ( 19.35 - 20.25 )	Tonificazione GAG * ( 19.35 - 20.25 )	FitBoxe * ( 19.35 - 20.25 )	Tonificazione GAG * ( 19.35 - 20.25 )	FitBoxe * ( 19.35 - 20.25 )	
		Zumba* ( 19.35 - 20.25 )	Pole Dance ( 19.35 - 20.25 )	Zumba* ( 19.35 - 20.25 )	Pole Dance ( 19.35 - 20.25 )	
<b>20.30 21.30</b>	Crossfit ( 20.30 - 21.20 )	Crossfit ( 20.00 - 20.50 )	Crossfit ( 20.30 - 21.20 )	Crossfit ( 20.00 - 20.50 )	Crossfit ( 20.30 - 21.20 )	
	Strongman ( 20.30 - 21.20 )		Strongman ( 20.30 - 21.20 )		Strongman ( 20.30 - 21.20 )	
	Salsa 1° ( 21.00 - 22.15 )	Kick Boxing ( 20.30 - 21.20 )	Salsa 2° ( 21.00 - 22.15 )	Kick Boxing ( 20.30 - 21.20 )	Kick Boxing ( 20.30 - 21.20 )	
	Burlesque 2° ( 21.00 - 22.15 )	Tango ( 20.45 - 22.45 )		Danza Del Ventre ( 21.00 - 22.15 )	Burlesque 1° ( 21.00 - 22.15 )	
	KungFu ( 21.00 - 22.15 )	Danze Popolari ( 21.00 - 22.15 )	KungFu ( 21.00 - 22.15 )	Swing ( 21.00 - 22.15 )	Rock'n'roll ( 21.00 - 22.15 )	
	Capoeira ( 21.00 - 22.15 )	Acrobatica a terra ( 21.00 - 22.15 )	Capoeira ( 21.00 - 22.15 )	Acrobatica a terra ( 21.00 - 22.15 )	Flamenco ( 21.00 - 22.15 )	
	Krav Maga ( 21.00 - 22.15 )	Kali ( 21.00 - 22.15 )	Krav Maga ( 21.00 - 22.15 )	Kali ( 21.00 - 22.15 )		