



LISTINO PREZZI – FIT PRO COURSES

TRAINING EDUCATIONS

EDUCATION	Durata	Tariffa
STEP TRAINING		
Step System Advanced Progression	01 Weekend	145
Step System Methodology	01 Weekend	145
Step Styles Choreographies	01 Giornata	115
DANCE TRAINING		
Dance Brazilian Rhythm	01 Giornata	115
Hip Hop Styles I	01 weekend	145
Hip Hop Styles II	01 Giornata	95
Dance Certification by Madonna Grimmes	02 Weekend	250
BODY MIND TRAINING		
Yoga Certification	02 Weekend	365
BODY FUNCTION TRAINING		
Pilates Certification By Serafino Ambrosio	05 weekend	1350
Power Board	01 Weekend	145
Ball Function	01 Giornata	145
Pilates Tools	01 Weekend	325
Pilates Terza eta'	01 Giornata	185
MUSCLES TRAINING		
T.M Zone – Low Body	01 Giornata	115
TM Zone- Upper Body	01 Giornata	115
TM Zone- ABS	01 Giornata	115
T.M. Zone – Low Body & ABS	01 Weekend	145
CONDITIONING TRAINING		
Capoeira Fitness Fundamentals	01 Giornata	115
Reboundair " O" bics Certification	02 Weekend	380
WATER TRAINING		
Acqua System Certification	02 weekend	290
Aqua Walk Certification	02 Weekend	320
Acqua Speciality Fusion	01 Giornata	75
Acqua Speciality Tone Zone	01 Giornata	75
Acqua Speciality Figthing	01 Giornata	75
Acqua Speciality Flow	01 Giornata	75
Acqua Speciality Core	01 Giornata	75
Acqua Walk Update(Basic o Advanced)	01 Giornata	75
ZERO MUTIFUNCTION TRAINING		
Zero Tone	01 Giornata	130
Zero Conditioning	01 Giornata	130
Zero Balance	01 Giornata	130
Zero Pilates	01 Giornata	130
Zero Functional	01 Giornata	130
Zero Education + Attrezzo	01 Giornata	260
Personal Trainer Global		
Personal Trainer Global Fit school	08 Giornate	1200
Personal Trainer Freestyler Functional	01 Weekend	310 (Education+Attrezzo)
Personal Trainer Indoboard Training	01 Weekend	300(Education+Attrezzo)
Master Fitness School	04 weekend	650
Updates	01 Giornata	95
Refreshments	01 Giornata	40
Refreshments	02 Giorni	70
NIKE COURSES	01 Weekend	155

La quota è intesa per singolo workshop oppure in base al percorso scelto da 02 o piu' weekend l'e quote s'intendono escluse il tesseramento annuale.