

Orari in vigore dal 04/09/23 al 28/07/24

LUNEDI'		MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
	07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	07.30 - 21.00	09.00 - 17.00	09.00 - 13.00

In vigore dall' 11 Settembre 2023 al 30 Giugno 2024

*Prenotazione obbligatoria dei corsi di WALK -TRX -UP WARD.

	LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			
	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	
07:30				FAST&FURIO Marco G 30'									FAST&FURIO Marco G 30'						07:30
08:00			GYM DOLCE Tiziana			POSTURAL Marco G									POSTURAL PILATES Marco G				08:00
09:00			PILATES Tiziana		YOGA Francesca	TOTAL BODY Marco G			TONE Tiziana			PILATES Tiziana			POSTURAL Marco G				09:00
09:30																		TOTAL BODY Tiziana 90'	09.30
10:00			TOTAL BODY Tiziana			TONE UP Davide			GYM DOLCE Tiziana			STEP&TONE Tiziana			GYM DOLCE Betty				10:00
10:30																PILATES Betty			10:30
11:00			WALK* Tiziana			CIRCUIT TRAINING Davide			PILATES Tiziana	FIT JOGGING Tiziana					TONE UP Betty			POSTURAL PILATES Tiziana 90'	11:00
11:30																	YOGA Betty 90'		11:30
13:00			PUMP Tiziana			FAT BURNING Francesca			PILATES Tiziana			TOTAL BODY Tiziana			TRX* Yojan				13:00
17:00	FUSION Marco G				MOBILITY Giulia			TRX* Giulia		CIRCUIT TRAINING Davide				BARRE Denise					17:00
18:00	ABD POWER Marco M	FLEXABILITY Giulia	GAG A GOGO Marco G	PILATES Luca	TRX* Marco M	TOTAL FLUIBALL Giulia	TABATA Giulia	PILATES Swami		GAG Giulia	TRX* Marco M	POSTURAL Marco G		PILATES Denise	TOTAL BODY Betty				18:00
19:00	ARM WORKOUT Giulia	YOGA DINAMICO Marco G	WIP Marco M 120'		CORE Marco M	GAG Luca	FREE BODY Giulia	YOGA Swami		WALK* Marco G	FLEXABILITY Giulia	WIP Marco M 120'	CIRCUIT TRAINING Betty		ZUMBA Denise				19:00
20:00						FITBOXE Marco M		UP WARD* Giulia 30'											20:00