

SALA INFERIORE

ORARIO	LUNEDÍ	MARTEDÍ	MERCOLEDÍ	GIOVEDÍ	VENERDÍ	SABATO	DOMENICA
08:30 09:30				SPINNING			
09:30 10:30		SPINNING				SPINNING	SPINNING
13:00 14:00					SPINNING		
18:30 19:30		SPINNING	SPINNING				
19:00 20:00	SPINNING			SPINNING	SPINNING		
19:30 20:30			SPINNING				

SALA SUPERIORE

ORARIO	LUNEDÍ	MARTEDÍ	MERCOLEDÍ	GIOVEDÍ	VENERDÍ	SABATO	DOMENICA
09:30 10:20	TOTAL BODY						
09:30 10:30			TOTAL BODY		CIRCUITO +AG	FUNCTIONAL TRAINING	
09:45 10:45				PILATES			
10:30 11:20	POSTURAL GYM						
13:00 14:00	TOTAL BODY	CIRCUITO AEROBICO	PILATES	PUSH			
16:30 17:30		LIGHT KICK BIMBI		LIGHT KICK BIMBI			
17:30 18:30		GLUTEI+ ADDOMINALI	G.A.G.		POSTURAL GYM		
18:00 18:30	TOTAL BODY						
18:30 19:20	CIRCUIT						
18:00 19:00				KK CARDIO KOMBAT			
18:30 19:30		FUNCTIONAL TRAINING			G.A.G.		
19:00 19:45				G.A.G.			
18:30 20:00			PUSH + AG				
19:20 20:10				YOGAFLEX			
19:30 20:30		G.A.G.			BOXE		
19:30 20:15	POSTURAL GYM						
20:00 21:00			KICK BOXING				

I CORSI POTRANNO SUBIRE DELLE VARIAZIONI SENZA PREAVVISO A DISCREZIONE DELLA DIREZIONE