

LUN

07.00 YOGA
08.00 GLUTEI
09.00 BIKE TONE
09.00 TONIFICAZIONE
10.00 FIT DANCE
11.00 PILATES
12.00 JUMP
13.00 SPINNING
13.00 FUNCTIONAL
15.00 YOGA
16.00 GAG
17.00 TOTAL BODY
18.00 TOTAL BODY
19.00 SPINNING
20.00 BOXE

MAR

07.00 GAG
08.00 TOTAL TONE
09.00 PILATES
10.00 TRX
11.00 KOMBAT
12.00 JUMP
13.00 SPINNING
13.00 TOTAL BODY
15.00 PUMP
16.00 PILATES
17.00 KID BOXE
18.00 TRX (45")
19.00 KICK BOXE
20.00 DIFESA PERSONALE (INFO AL DESK)

MER

07.00 GLUTEI
08.00 YOGA
09.00 TONE UP
10.00 POSTURAL PILATES
11.00 FIT DANCE
12.00 JUMP
13.00 PILATES
15.00 GAG
16.00 TOTAL BODY
17.00 YOGA
18.00 FUNCTIONAL
20.00 BOXE

GIO

07.00 TOTAL TONE
08.00 GAG
09.00 CROSS TRAINING
10.00 PILATES
11.00 TRX
12.00 JUMP
13.00 SPINNING
13.00 TOTAL TONE
15.00 YOGA
16.00 PUMP
17.00 KID BOXE
18.00 GAG
18.30 PILATES
19.00 SPINNING
19.30 KICK BOXE

VEN

07.00 YOGA
08.00 GLUTEI
09.00 PILATES
09.00 BIKE TONE
10.00 FIT DANCE
11.00 GAG
12.00 JUMP
13.00 TOTAL BODY
13.00 PILATES
15.00 TOTAL BODY
16.00 YOGA
17.00 ADDOMINALI
18.00 TRX (45")
19.00 SPINNING
20.00 STRETCHING

SAB

09.00 PILATES
10.00 TOTAL BODY
11.00 JUMP
12.00 SPINNING
13.00 STRETCHING

DOM

10.00 SPINNING
11.00 GAG
12.00 YOGA

<input checked="" type="checkbox"/>	REAL VT (VIRTUALE)
<input type="checkbox"/>	IN PRESENZA

ORARIO:

LUN-MER-VEN 7:00 - 21:00 SABATO 9:00 - 18:00
MAR- GIO 8:00 - 21:00 DOMENICA 10.00 - 13.00

PER INFO E PRENOTAZIONE:

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