

ORARIO CORSI GUIDATI DA OTTOBRE 2022 (I CORSI IN GIALLO NON SONO COMPRESI NELL'ABBONAMENTO ED HANNO UN COSTO EXTRA)

giorno	orario sala	9:00	10:00	13:15	13:30	14:30	15:00	17:00	17:15	18:00	18:30	19:00	20:15
LUNEDI	SALA CARDIO #1				GROUP CYCLING								
	OUTDOOR				TRIFORM OUTDOOR						TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	G.T.C		G.T.C			BODY & MIND		G.T.C 18:15		G.T.C 19:15	POLE DANCE DALLE 19:00 ALLE 22:00
MARTEDI	SALA CARDIO #1		WALKING 10:30		WALKING					WALKING 18.15		GROUP CYCLING 19:30	
	OUTDOOR											BOOT CAMP OUTDOOR	
	SALA FLEX #3	MOBILITY 09:30			PILATES	G.T.C				GINNASTICA POSTURALE		STEP	POWER YOGA
MERCOLEDI	SALA CARDIO #1				GROUP CYCLING								PRE - PUGILISTICA 20:30
	OUTDOOR				TRIFORM OUTDOOR						TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	PILATES BARRE'		K.G.T				PILATES	K.G.T 18:15		K.G.T 19:15	
GIOVEDI	SALA CARDIO #1		WALKING 10:30		WALKING					WALKING 18.15		GROUP CYCLING 19:30	
	OUTDOOR											BOOT CAMP OUTDOOR	
	SALA FLEX #3	MOBILITY 09:30			PILATES	K.G.T		BODY & MIND		GINNASTICA POSTURALE		PILATES BARRE'	POWER YOGA
VENERDI	SALA CARDIO #1												
	OUTDOOR				TRIFORM OUTDOOR		TRIFORM OUTDOOR				TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	T.B.S.T		T.B.S.T				PILATES		T.B.S.T		
SABATO	SALA CARDIO #1					KRAV MAGA DIFESA PERSONALE							
	OUTDOOR												
	SALA FLEX #3		POLE DANCE DALLE 11:00	POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE ALLE 16:00				