




	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
8.15		TBW		TBW		
8.30	POWER BOUND		POWER BOUND		POWER BOUND	
9.00		PILATES		PILATES		
9.30	AEROMIX		TBW		AEROMIX	
9.45		PILATES		PILATES		
10.30	VINYASA YOGA		REFORMER*		VINYASA YOGA	PILATES
10.45		FIT BOXE		FIT BOXE		
11.00		REFORMER*		REFORMER*		
11.15			PILATES			REFORMER*
13.30		GROUP CYCLING		GROUP CYCLING		
13.30	PUMP	MILITARY	PILATES	MILITARY	GLOBAL TONE	
16.15		POSTURALE ★		POSTURALE ★		
16.30	KUNG FU 4/13 ANNI ★		KUNG FU 4/13 ANNI ★		KUNG FU 4/13 ANNI ★	
17.00		TRX		TRX		
17.15	PUMP	POSTURALE ★	GAG	POSTURALE ★	CIRCUIT TRAINING	
17.30	KICK BOXING		KICK BOXING		KICK BOXING	
18.00		FIT BOXE		FIT BOXE		
18.15		POSTURALE ★		POSTURALE ★		
18.30	STEP FUNZIONALE		PUMP		BODY WEIGHT	
18.30	PILATES		PILATES		PILATES	
19.00		CARDIO FIT		CARDIO FIT		
19.00	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	
19.30	PILATES		PILATES		PILATES	
19.30	METHABOLIC TRAINING	PILATES	METHABOLIC TRAINING	PILATES	METHABOLIC TRAINING	
20.00		STEP		JUMP		
20.30	FUNCTIONAL TRAINING				FUNCTIONAL TRAINING	
20.30	REFORMER*	REFORMER*	VINYASA YOGA	REFORMER*	REFORMER*	
20.30	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	

 SALA 1  
 SALA 2  
 SALA 3

\* Corso compreso nell'abbonamento extra  
 Corsi speciali con abbonamento a parte ★