

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

8:00						
8:30			POWER PILATES			
9:00		PILATES ADVANCED		PILATES ADVANCED		
9:00	W-TONE		W-TONE		W-TONE	
10:00						
10:30	BODY TONIC	POSTURAL		POSTURAL	BODY TONIC	POWER PILATES
11:00						
11:30		PILATES REFORMER		PILATES REFORMER		BURN
12:00						
13:30	FUNCTIONAL TRAINING	BODY TONIC	PILATES REFORMER	BODY TONIC	PILATES REFORMER	
13:30		GROUP CYCLING	PILATES ADVANCED	GROUP CYCLING	FUNCTIONAL TRAINING	
17:00		RIEDUCAZIONE POSTURALE		RIEDUCAZIONE POSTURALE		
17:30	GROUP BOXING		GROUP BOXING		GROUP BOXING	GROUP CYCLING
17:30	YOGA FUNCTIONAL	MOBILITY	PILATES	MOBILITY	YOGA FUNCTIONAL	
18:00		RIEDUCAZIONE POSTURALE		RIEDUCAZIONE POSTURALE		
18:30	PILATES	TOTAL BODY WORKOUT	YOGA FUNCTIONAL	TABATA	PILATES	
18:30	HIGH ENERGY		BODY WEIGHT		BOOTY PUMP	
18:45	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	
19:00		POWER PILATES		POWER PILATES		
19:30	POWER PUMP	GROUP CYCLING	BODY STRONG	GROUP CYCLING	POWER PUMP	
19:30	PILATES ADVANCED		PILATES ADVANCED		PILATES ADVANCED	
19:30		W-FUNCTIONAL		W-FUNCTIONAL		
20:00	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	



FITNESSWORLD

extraordinary people

APERTI DAL LUNEDÌ AL VENERDÌ DALLE 7 ALLE 22:30 E IL SABATO DALLE 9 ALLE 19. PRENOTA MEDIANTE APP WELLNESS IN CLOUD



WEB

- Functional
- Olistica
- Group Cycling
- Extra