

Orario Corsi 2024/25



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

OGGI MI SENTO...

Tonico

Aerobico

Energico

Consapevole

Forte

Velocista



HIIT Burn
09.20 | 10.10

Pilates Mat
09.20 | 10.10

GAG
09.20 | 10.10

Postural Training
09.20 | 10.10

Hatha Yoga
09.20 | 10.10

Cycling
13.15 | 13.55

Functional Training
13.15 | 13.55

Fitboxe
13.15 | 13.55

Pilates Tools
13.15 | 13.55

HIIT Pump
13.15 | 13.55

Total Body
14.10 | 15.00

Pilates Mat
14.10 | 14.55

Brucia Grassi
14.10 | 15.00

Hatha Yoga
14.10 | 15.00

Hatha Yoga
15.10 | 16.00

GAG
15.05 | 15.50

Postural Training
15.10 | 16.00

Step Tone
15.10 | 16.00

Cycling
15.10 | 16.00

Step Tone
16.10 | 17.00

Vinyasa Yoga
16.10 | 17.00

Step Tone
16.10 | 17.00

Hatha Yoga
16.10 | 17.00

Pilates Tools
16.10 | 17.00

Pilates Mat
17.10 | 18.00

HIIT Burn
17.10 | 18.00

Pilates Tools
17.10 | 18.00

HIIT Pump
17.10 | 18.00

Functiona Training
17.10 | 18.00

Zumba
18.10 | 19.00

Fitboxe
18.10 | 19.00

Zumba
18.10 | 19.00

Fitboxe
18.10 | 19.00

Functional Training
19.10 | 20.00

Cycling
19.10 | 20.00

Functional Training
19.10 | 20.00

Cycling
19.10 | 20.00

Cycling
20.10 | 20.55

Pilates Mat
20.10 | 20.55

Cycling
20.10 | 20.55

Vinyasa Yoga
20.10 | 20.55

