

ORARIO *Corsi* PROVVISORIO

L'ORARIO DEFINITIVO ENTRERÀ IN VIGORE DAL 14 SETTEMBRE 2026

TONICO

CONSAPEVOLE

ENERGICO

AEROBICO

INTENSO

DURATA

INTENSITÀ

POSTI

LUNEDÌ <i>Accendi la tua energia</i>	MARTEDÌ <i>Allenati con uno scopo</i>	MERCOLEDÌ <i>Concentrati su di te</i>	GIOVEDÌ <i>Più forte ogni giorno</i>	VENERDÌ <i>Condividi il tuo equilibrio</i>
09:2050' BRUCIA GRASSI15	09:2050' GAG15	09:2050' PILATES MAT15	09:2050' GAG15	09:2050' POSTURAL TRAINING15
10:2050' PILATES TOOLS15		10:2050' TOTAL BODY15		
13:1545' CICLYNG11	13:1545' FUNCTIONAL TRAINING15	13:1550' FITBOXE14	13:1550' PILATES TOOLS15	13:1545' HIIT PUMP15
14:1050' TOTAL BODY15	14:1050' PILATES15	14:1050' BRUCIA GRASSI15	14:1050' FUNCTIONAL TRAINING15	14:1050' HATHA YOGA15
15:1050' VINYASA YOGA15	15:1050' POSTURAL TRAINING15	15:1050' HIIT PUMP15	15:1050' POSTURAL TRAINING15	15:1050' CYCLING11
16:1050' GAG15	16:1050' PILATES MAT15	16:1050' GAG15	16:1050' PILATES TOOLS15	16:1050' PILATES MAT15
17:1050' PILATES TOOLS15	17:1050' HIIT PUMP15	17:1050' PILATES MAT15	17:1050' HIIT PUMP15	17:1050' FUNCTIONAL TRAINING15
18:1050' ZUMBA15	18:1050' FITBOXE14	18:1050' ZUMBA15	18:1050' CYCLING15	
19:1050' FUNCTIONAL TRAINING15	19:1050' CYCLING11	19:1050' FUNCTIONAL TRAINING15	19:1050' FITBOXE14	
20:1050' CYCLING11	20:1050' HATHA YOGA15	20:1050' CYCLING11	20:1050' VINYASA YOGA14	