

FITNESS

*Prenotazione obbligatoria dei corsi di WALK -TRX -UP WARD

	LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			
	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	
07:30				FAST& FURIO Marco G 30'									FAST& FURIO Marco G 30'						07:30
08:00			GYM DOLCE Tiziana			POSTURAL Marco G									POSTURAL PILATES Marco G				08:00
09:00			TONE Tiziana		YOGA Francesca	TOTAL BODY Marco G			TONE Tiziana			PILATES Tiziana			POSTURAL Marco G				09:00
09:30																		TOTAL BODY Tiziana 90'	09:30
10:00			TOTAL BODY Tiziana			TONE Davide			GYM DOLCE Tiziana			STEP&TONE Tiziana			GYM DOLCE Betty				10:00
10:30																	PILATES Betty		10:30
11:00			PILATES Tiziana			POSTURAL Davide			PILATES Tiziana	FIT JOGGING Tiziana					TONE UP Betty			POSTURAL PILATES Tiziana 90'	11:00
11:30																	YOGA Betty 90'		11:30
12:00																			12:00
13:00			PUMP Tiziana			FAT BURNING Francesca			TOTAL BODY Tiziana			PILATES Tiziana			*TRX Yojan				13:00
17:00	FUSION Marco G				MOBILITY Giulia			*TRX Giulia		CIRCUIT TRAINING Davide					BARRE Denise				17:00
18:00	ABD POWER Marco M	FLEXABILITY Giulia	GAGA GOGO Marco G	PILATES Luca	*TRX Marco M	TOTAL FLUIBALL Giulia		PILATES Swami	TABATA Giulia	GAG Giulia	*TRX Marco M	POSTURAL Marco G		PILATES Denise	TOTAL BODY Betty				18:00
19:00	ARM WORKOUT Giulia	YOGA DINAMICO Marco G	WIP Marco M 120'		CORE Marco M	GAG Luca		YOGA Swami	FREE BODY Giulia	*WALK Marco G.	FLEXABILITY Giulia	WIP Marco M 120'	CIRCUIT TRAINING Betty		ZUMBA Denise				19:00
20:00						FITBOXE Marco M		*UP WARD Giulia 30'											20:00

GYM FLOOR

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	09:00 - 17:00	09:00 - 13:00