

PALINSESTO CORSI

SALA ROSSA

LUNEDI
10:00 FAT BURN 60' / FRANCESCA
11:00 BACK SCHOOL 45' / ANDREA C.
13:00 LES MILLS BODYCOMBAT 30' / ANDREA S.
13:30 CX CORE 30' / ANDREA S.
17:30 Bs BOOTY shape 30' / ENRICA
18:00 STEP 30' / ENRICA
18:30 CX CORE 30' / ANDREA S.
19:00 LES MILLS BODYPUMP 60' / ANDREA S.
20:00 Power Yoga 45' / SERENA

MARTEDI
10:00 LES MILLS BODYPUMP 30' / ANDREA S.
10:30 CX CORE 30' / ANDREA S.
13:00 FAT BURN 60' / ANDREA C.
17:30 BACK SCHOOL 45' / ANDREA S.
18:15 FAT BURN 45' / ANDREA C.
19:00 LES MILLS BODYATTACK 45' / LUCA
19:45 HIT forza 30' / LUCA

MERCOLEDI
11:00 BACK SCHOOL 45' / ANDREA S.
13:00 FUNCTIONAL STRENGTH 45' / LUCA
17:30 pilates 45' / ENRICA
18:30 Bs BOOTY shape 30' / ENRICA
19:00 ADDOMINALI 30' / ENRICA
19:30 LES MILLS BODYPUMP 45' / ANDREA S.

GIOVEDI
10:00 LES MILLS BODYPUMP 30' / LUCA
10:30 LES MILLS BODYATTACK 45' / LUCA
13:00 LES MILLS BODYPUMP 45' / ANDREA S.
17:30 BACK SCHOOL 45' / ANDREA C.
18:15 FAT BURN 45' / ANDREA C.
19:00 LES MILLS BODYCOMBAT 45' / ANDREA S.
19:45 Power Yoga 45' / SERENA

VENERDI
10:00 STEP 30' / ENRICA
10:30 Bs BOOTY shape 30' / ENRICA
13:00 LES MILLS BODYATTACK 45' / LUCA
13:00 pilates 45' / ENRICA
17:30 CX CORE 30' / ANDREA S.
18:00 LES MILLS BODYPUMP 30' / LUCA
18:30 HIT cardio 30' / LUCA
19:00 pilates 45' / ENRICA

SABATO
11:00 BACK SCHOOL 45' / ANDREA C.
10:00 HEAT PROGRAM 60' / DAMIANO
15:00 HEAT PROGRAM 60' / MAX
13:00 HEAT PROGRAM 60' / DAMIANO
17:10 HEAT PROGRAM 60' / FULVIO
18:00 HEAT PROGRAM 60' / FULVIO
19:00 HEAT PROGRAM 60' / FULVIO

SI SVOLGE NELLA SALA TATAMI PIANO INTERMEDIO

SALA H.E.A.T

13:00 HEAT PROGRAM 60' / DAMIANO
17:10 HEAT PROGRAM 60' / FULVIO
18:00 HEAT PROGRAM 60' / FULVIO
19:00 HEAT PROGRAM 60' / FULVIO

18:00 HEAT PROGRAM 60' / MAX
19:00 HEAT PROGRAM 60' / MAX

13:00 HEAT PROGRAM 60' / DAMIANO
18:00 HEAT PROGRAM 60' / FULVIO
19:00 HEAT PROGRAM 60' / FULVIO

18:00 HEAT PROGRAM 60' / MAX
19:00 HEAT PROGRAM 60' / MAX

13:00 HEAT PROGRAM 60' / DAMIANO
17:10 HEAT PROGRAM 60' / FULVIO
18:00 HEAT PROGRAM 60' / FULVIO
19:00 HEAT PROGRAM 60' / FULVIO

10:00 HEAT PROGRAM 60' / MAX
15:00 HEAT PROGRAM 60' / MAX

SALA BIKE

09:00 ENDURANCE 30' / VIDEO RIDE
13:00 ENDURANCE 30' / VIDEO RIDE
18:00 ENDURANCE 30' / FABIO
19:00 GROUP CYCLING 45' / UMBERTO

09:00 ENDURANCE 30' / VIDEO RIDE
13:00 ENDURANCE 30' / VIDEO RIDE
17:30 ENDURANCE 30' / VIDEO RIDE
18:30 GROUP CYCLING 60' / SILVIO

09:00 ENDURANCE 30' / VIDEO RIDE
13:00 ENDURANCE 30' / VIDEO RIDE
18:00 ENDURANCE 30' / FABIO
19:00 GROUP CYCLING 45' / UMBERTO

09:00 ENDURANCE 30' / VIDEO RIDE
13:00 ENDURANCE 30' / VIDEO RIDE
17:30 ENDURANCE 30' / VIDEO RIDE
18:30 GROUP CYCLING 60' / SILVIO

09:00 ENDURANCE 30' / VIDEO RIDE
18:00 ENDURANCE 30' / FABIO
19:00 GROUP CYCLING 45' / UMBERTO

09:00 ENDURANCE 30' / VIDEO RIDE
12:00 GROUP CYCLING 60' / SILVIO
13:00 ENDURANCE 30' / VIDEO RIDE

POSSIBILITÀ DI
MINI CLASS DI
Power Yoga

LUNEDÌ e VENERDÌ
ore 10:15 - 10€
Sala Tatami