

PLANNING CORSI DAL 31 MAGGIO 2018

(orari di apertura: lun.-ven. 6.30-23 - sab.: 9.30-18 - dom.: 10-15)

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	DOMENICA
Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 1
									Spinning h 07:00 - 60'		
Total Tone h 08:00 - 60'	Pilates h 08:00 - 60'	Total Tone h 08:15 - 60'	Stretching h 08:00 - 60'	Superjump Intensity h 08:10 - 45'	Pilates h 08:00 - 60'		Tbw h 08:15 - 60'	Stretching h 08:00 - 60'	Pilates h 08:00 - 60'		
Tone Up h 09:00 - 60'		FIT ON THE STREET * h 08.30 - 60'			Trx h 09:00 - 45'	FIT ON THE STREET * h 08.30 - 60'			Cross Gym h 09:00 - 60'		
FIT ON THE STREET * h 10.00 - 60'		Tbw h 09:30 - 60'				Total Tone h 09:30 - 60'		FIT ON THE STREET * h 10.00 - 60'			
	Postural h 10:00 - 60'				Postural h 10:00 - 60'					Tbw h 10:00 - 60'	
										Fit on the Street * h 11:00 - 60'	Total Tone h 11:00 - 60'
Superjump Intensity h 13:00 - 45'	Spinning h 13:00 - 60'			Latin Fitness h 13:00 - 60'	Spinning h 13:00 - 60'	Pilates h 13:00 - 60'	*Trx Circuit h 13:00 - 60'		Spinning h 13:00 - 60'	Tone Up h 11:00 - 60'	
FUNCTIONAL TRAINING h 13.00 - 60'		Pilates h 13:00 - 60'	Trx h 13:00 - 45'	FUNCTIONAL TRAINING h 13.00 - 60'		FIT ON THE STREET * h 13.00 - 60'		FUNCTIONAL TRAINING h 13.00 - 60'			
				FIT ON THE STREET * h 13.00 - 60'				FIT ON THE STREET * h 13.00 - 60'		Spinning h 12:00 - 60'	
			Ginnastica Dolce h 16:00 - 60'				Ginnastica Dolce h 16:00 - 60'				
		PREPARAZIONE ATLETICA* (ragazzi da 11 a 16 anni) h 17.00 - 60'				PREPARAZIONE ATLETICA* (ragazzi da 11 a 16 anni) h 17.00 - 60'			Yoga Flex h 18:00 - 60'		
FUNCTIONAL TRAINING h 18.30 - 60'				FUNCTIONAL TRAINING h 18.30 - 60'				FUNCTIONAL TRAINING h 18.30 - 60'			
Music Tone h 19:00 - 60'	Spinning h 19:00 - 60'	Pump h 18:30 - 60'	Spinning h 18:00 - 60'	Tone Up h 19:00 - 60'	Spinning h 19:00 - 60'	Superjump Intensity h 18:15 - 45'		FIT ON THE STREET * h 18.30 - 60'			
FIT ON THE STREET * h 19.30 - 60'		FIT ON THE STREET * h 19.00 - 60'		FIT ON THE STREET * h 19.30 - 60'		Tabata Circuit h 19:00 - 60'					
*Total Rythm h 20:00 - 60'			Trx h 19:15 - 45'	*Yoga Flex h 20:00 - 60'				*Trx Circuit h 19:15 - 45'			
	Super Tone h 20:00 - 60'					FIT ON THE STREET * h 19.00 - 60'					

Lezioni di spinning, superjump, trx, functional, military e quelle segnate con l'asterisco su prenotazione (entro la sera del giorno precedente)

Non si assicurano i corsi con meno di tre persone.

*Corsi extra

Il programma potrebbe subire variazioni

ORARIO DI PRESENZA TRAINER SALA PESI
Dal Lunedì al Venerdì: 10:00-12:30 /12:30-14:30
16:00-21:00
Sabato: 10:00-13:00

