

PLANNING CORSI DAL 26 NOVEMBRE 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
								FIT ON THE STREET * h 07:30 - 60'			
Zero Gravity Yoga&Fit h 08:00 - 60'	Revolution Training h 08:00 - 60'		Stretching Fusion h 08:00 - 60'	Superjump Intensity h 08:10 - 45'	*Pilates h 08:00 - 60'		Stretching h 08:00 - 60'	Zero Gravity Yoga&Fit h 08:00 - 60'	Indoor Cycling h 07:00 - 60'		
Steel Body h 09:00 - 60'		Total Tone h 08:15 - 60'		Circuit Training h 09:00 - 60'		Tbw h 08:15 - 60'		Stretching Fusion h 08:00 - 60'			
FIT ON THE STREET * h 10:00 - 60'		Tbw h 09:30 - 60'				Total Tone h 09:30 - 60'		Cross Gym h 09:00 - 60'			
	Postural h 10:00 - 60'							FIT ON THE STREET * h 10:00 - 60'		Total Tone h 10:00 - 60'	
										Tone Up h 11:00 - 60'	Total Body h 11:00 - 60'
Functional Workout h 13:00 - 60'	Indoor Cycling h 13:00 - 60'	Zero Gravity Yoga&Fit h 13:00 - 60'	Trx h 13:00 - 45'	Superjump Intensity h 13:00 - 45'	Indoor Cycling h 13:00 - 60'	Cross Gym h 13:00 - 60'	Stretching Fusion h 13:00 - 60'	Music Total Body h 13:00 - 60'	Indoor Cycling h 13:00 - 60'	Indoor Cycling h 12:00 - 60'	
				FUNCTIONAL TRAINING h 13.00 - 60'				FUNCTIONAL TRAINING h 13.00 - 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'					
Functional Workout h 18:00 - 60'						Superjump Intensity h 18:00 - 45'	Indoor Cycling h 18:00 - 60'	*YogaFlex h 18:30 - 60'			
Music Tone h 19:00 - 60'	Indoor Cycling h 19:00 - 60'	Pump h 19:00 - 60'	Indoor Cycling h 18:30 - 60'	Functional Workout h 18:30 - 60'	Indoor Cycling h 19:00 - 60'	Tabata Circuit h 19:00 - 60'		FUNCTIONAL TRAINING h 18.30 - 60'			
FIT ON THE STREET * h 19.00 - 60'											
*Total Rythm h 20:00 - 60'		Super Tone h 20:00 - 60'	Trx h 19:30 - 45'	Music Total Body h 19:30 - 60'		Zero Gravity Yoga&Fit h 20:00 - 60'	*Trx Circuit h 19:30 - 45'				

 Lezioni di spinning, Superjump, Trx, Functional, Zero Gravity 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