

LUNEDÌ

Sala 1	Sala 2	Sala 3	SPINNING
9.00			08.30 BIKING PROGRAM
10:00 PILATES			
11:00 SENIOR FIT			
			13:45 BIKING PROGRAM
14:30			
17:00 EASY TONE			
18:00 PILATES	18:15 PILATES		
19:00 HIGH INTENSITY INTERVAL TRAINING	19:30 STEP COREOGRAFICO		19:15 BIKING PROGRAM
20:00 CIRCUIT TRAINING			

MARTEDÌ

Sala 1	Sala 2	Sala 3	SPINNING
08.30 EASY TONE			
13.30 G A G TOTAL BODY			
14.30 PILATES			
17:45 POSTURAL TRAINING			
18:30 FUNCTIONAL TRAINING	18:00 G A G		
19:30	19:00 FIT BOXE	19.00 POWER YOGA	19:30 BIKING PROGRAM
20:30 CIRCUIT TRAINING			

MERCOLEDÌ

Sala 1	Sala 2	Sala 3	SPINNING
9.00			08.30 BIKING PROGRAM
10:00 PILATES			
11:00 SENIOR FIT			
			13:45 BIKING PROGRAM
14:30			
17:00 EASY TONE			
18:00 PILATES	18:15 PILATES		
19:00 HIGH INTENSITY INTERVAL TRAINING	19:30 TOTAL BODY WEIGHT WORKOUT		19:15 BIKING PROGRAM
20:00 CIRCUIT TRAINING			

