

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
ENERGY ROOM		06:30-07:30 FUNCTIONAL \ YVELIN ●			
	13:15-14:00 BODYSULPT \ SASCHA ●	13:15-14:15 TONE UP \ CHIARA ●	13:00-13:30 UPPER BODY \ SASCHA ●	13:15-14:15 TONE UP \ CHIARA ●	13:15-14:15 CHOREO STEP \ SASCHA ●
	14:00-14:30 GLUTEI & ADDOME \ SASCHA ●		13:30-14:00 GAMBE & GLUTEI \ SASCHA ●		
			14:00-14:30 STRETCH & FLEX \ SASCHA ●		
	18:15-19:15 ZUMBA \ MARQUINO ●	18:30-19:15 CIRCUIT FUNCTIONAL \ YVELIN ●	18:30-19:00 GAMBE & GLUTEI \ CATERINA ●	18:30-19:15 CIRCUIT FUNCTIONAL \ YVELIN ●	18:30-19:30 ZUMBA \ MARQUINO ●
	19:15-20:00 BODYSULPT \ SASCHA ●	19:15-20:45 CROSS BOXE \ FEDERICO ●	19:00-19:30 UPPER BODY \ CATERINA ●	19:15-20:45 CROSS BOXE \ FEDERICO ●	
	20:00-21:00 RUN FUNCTIONAL \ GASTONE ●		19:30-20:30 ZUMBA \ MARQUINO ●		
FITNESS ROOM	09:30-10:30 AEROTONE \ CHIARA ●	09:30-10:15 WALKING & CARDIO* \ SASCHA ●		09:30-10:15 WALKING & TONE* \ SASCHA ●	09:30-10:30 AEROTONE \ CHIARA ●
			10:30-11:30 ZUMBA \ MARQUINO ●		
	13:15-14:00 WALKING* \ CLAUDIA ●		13:15-14:00 WALKING* \ CLAUDIA ●		
		18:00-18:45 WALKING & TONE* \ SASCHA ●		18:45-19:45 SPINNING PRO* \ SASCHA ●	
18:30-19:30 CIRCUIT FUNCTIONAL \ NICOLETTA ●	18:45-19:45 SPINNING PRO* \ SASCHA ●		19:45-20:30 WALKING & CARDIO* \ SASCHA ●		
19:30-20:30 SPINNING* \ NICOLETTA ●					
WELLNESS ROOM				06:45-07:30 PILATES \ LORIS ●	
	11:00-12:00 PILATES* \ CATERINA ●	10:15-11:00 PANCAFIT* \ SASCHA ●	11:00-12:00 PILATES* \ CATERINA ●	10:15-11:00 GYROKINESIS* \ SASCHA ●	11:00-11:45 PANCAFIT* \ SASCHA ●
	13:00-14:00 PILATES* \ CATERINA ●	13:00-14:00 YOGAFIT* \ FABIANA ●	13:00-14:00 YOGAFIT* \ GIORGIA ●	13:00-14:00 YOGAFIT* \ FABIANA ●	13:00-14:00 PILATES* \ DANIELA ●
	18:30-19:15 PANCAFIT* \ SASCHA ●	18:00-19:00 PILATES* \ VALERIA ●	18:30-19:30 GYROKINESIS* \ SASCHA ●	18:00-19:00 PILATES* \ VALERIA ●	
	19:15-20:45 YOGAFIT* \ ARIANNA ●	19:00-20:00 PILATES* \ VALERIA ●	19:30-20:30 STRETCHING \ CATERINA ●	19:00-20:00 PILATES* \ VALERIA ●	18:45-20:15 FLOW YOGA* \ ANNAUSA ●
	20:00-21:00 PILATES* \ VALERIA ●		20:00-21:00 PILATES* \ VALERIA ●		
ATHLETIC EXPERIENCE	06:45-07:30 TEAMBEATS* \ YVELIN ●				
		13:15-14:00 TEAMBEATS* \ ILARIA ●			13:15-14:00 TEAMBEATS* \ CATERINA ●
			18:30-19:15 TEAMBEATS* \ FEDERICO ●		

\*CORSO A NUMERO CHIUSO: RICHIEDE LA PRENOTAZIONE OBBLIGATORIA TRAMITE APP



Corsi di ginnastica, finalizzati alla salute ed al fitness



Corsi di ginnastica, Ritmica



Corso di pugilato, Prepugilistica