

ORARIO CORSI	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
10,30-11,30					Stretching / Pilates S1	
11,30-12,30	Stretching / Pilates S1		Corpo Libero S1			Circuit Training S1
12,50-13,50	Pilates S1	Training Revolution S1	Total Body S1	GAG S1		
	Spinning S3	TRX S2	Spinning S3	TRX S2		
17,00-19,00			Powerlifting SP			
17,30-18,00	Addome Sprint S1				Addome Sprint S1	
18,00-19,00	Tone Up S1	Step & Tone S1	Circuit Training S1	Circuit Training S1	Tone Up S1	
19,00-20,00	Power Yoga S1	Pilates S1	Stretch & Fusion S1	Pilates S1	Movida S1	
		TRX S2		TRX S2		
	Spinning S3	Spinning S3	Spinning S3	Spinning S3	Spinning S3	
19,30-21,00	Pugilato S2		Thai Boxe S2			
20,00-21,00	Foam Roller Mobility S1	Walking S1	Tone Up S1	Walking S1		

S1 / Sala Uno S2 / Sala Due S3 / Sala Tre SP / Sala Pesì

