

ORARIO CORSI FITNESS

ORARI DI APERTURA

LUN-VEN: 7:00-23:00

SAB: 8:00-20:00

DOM: 9:00-13:00

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENEDÌ	SABATO
MATTINA	7:30-8:20 TONIFICAZIONE (SALA 2) ALESSANDRO	8:30-9:25 POSTURALE (SALA 2) ALESSANDRO	7:30-8:20 TONIFICAZIONE (SALA 2) ALESSANDRO	8:30-9:25 POSTURALE (SALA 2) ALESSANDRO	7:30-8:20 TONIFICAZIONE (SALA 2) ALESSANDRO	09:40-10:30 TONIFICAZIONE (SALA 2) ALESSANDRO
	8:30-9:25 PILATES (SALA 2) ALESSANDRO	9:30-10:25 TONIFICAZIONE (SALA 3) ALESSANDRO	8:30-9:25 PILATES (SALA 2) ALESSANDRO	9:30-10:25 TONIFICAZIONE (SALA 3) ALESSANDRO	8:30-9:25 PILATES (SALA 2) ALESSANDRO	10:40-11:30 PILATES (SALA 2) ALESSANDRO
	9:30-10:25 TOTAL BODY (SALA 2) ALESSANDRO	9:30-10:25 YOGA (SALA 2) LUCIANA	9:30-10:25 TOTAL BODY (SALA 3) ALESSANDRO	9:30-10:25 YOGA (SALA 2) LUCIANA	9:30-10:25 TOTAL BODY (SALA 3) ALESSANDRO	
	10:30-11:25 PILATES (SALA 2) ALESSANDRO	10:30-11:25 POSTURALE (SALA 3) ALESSANDRO	9:30-10:25 YOGA (SALA 2) MARI	10:30-11:25 POSTURALE (SALA 3) ALESSANDRO	9:30-10:25 YOGA (SALA 2) MARI	
		10:30-11:25 YOGA POWER (SALA 2) LUCIANA	10:30-11:25 PILATES (SALA 3) ALESSANDRO	10:30-11:25 YOGA POWER (SALA 2) LUCIANA	10:30-11:25 PILATES (SALA 3) ALESSANDRO	
POMERIGGIO			10:30-11:25 FUNZIONALE (SALA 2) MARI		10:30-11:25 FUNZIONALE (SALA 2) MARI	
	15:00-15:55 GAG (SALA 2) ANTONIO	16:00-16:55 WALKING (SALA 5) ANTONIO	15:00-15:55 GAG (SALA 2) ANTONIO	16:00-16:55 WALKING (SALA 5) ANTONIO	15:00-15:55 GAG (SALA 2) ANTONIO	15:00-15:55 GAG (SALA 2) ANTONIO
	16:00-16:55 YOGA (SALA 2) LUCIANA	16:00-16:55 YOGA (SALA 2) MARI	16:00-16:55 YOGA (SALA 2) LUCIANA	16:00-16:55 YOGA (SALA 2) MARI	16:00-16:55 YOGA (SALA 2) LUCIANA	16:00-16:55 WALKING (SALA 5) ANTONIO
	17:00-17:55 TOTAL BODY (SALA 3) ALESSANDRO	17:00-17:55 MOBILITY (SALA 2) MARI	17:00-17:55 TOTAL BODY (SALA 3) ALESSANDRO	17:00-17:55 MOBILITY (SALA 2) MARI	17:00-17:55 TOTAL BODY (SALA 3) ALESSANDRO	16:00-16:55 CROSS-CARDIO (SALA 3) TEAM CROSS-CARDIO
	17:00-17:55 YOGA POWER (SALA 2) LUCIANA	17:00-17:55 CROSS-CARDIO (SALA 3) TEAM CROSS-CARDIO	17:00-17:55 YOGA POWER (SALA 2) LUCIANA	17:00-17:55 CROSS-CARDIO (SALA 3) TEAM CROSS-CARDIO	17:00-17:55 YOGA POWER (SALA 2) LUCIANA	
SERA		17:00-17:55 WALKING (SALA 5) ANTONIO		17:00-17:55 WALKING (SALA 5) ANTONIO		
	18:00-18:55 FUNZIONALE (SALA 3) ALESSANDRO	18:00-18:55 MET (SALA 2) MARI	18:00-18:55 FUNZIONALE (SALA 3) ALESSANDRO	18:00-18:55 MET (SALA 2) MARI	18:00-18:55 FUNZIONALE (SALA 3) ALESSANDRO	
	18:00-18:55 TRX (SALA 2) ANTONIO	18:00-18:55 CYCLEX (SALA 5) TEAM CYCLEX	18:00-18:55 TRX (SALA 2) ANTONIO	18:00-18:55 CYCLEX (SALA 5) TEAM CYCLEX	18:00-18:55 TRX (SALA 2) ANTONIO	
	19:00-19:55 PILATES (SALA 2) ALESSANDRO	19:00-19:55 PILATES (SALA 2) MARI	19:00-19:55 PILATES (SALA 2) ALESSANDRO	19:00-19:55 PILATES (SALA 2) MARI	19:00-19:55 PILATES (SALA 2) ALESSANDRO	
		20:00-20:55 GAG (SALA 2) ANTONIO		20:00-20:55 GAG (SALA 2) ANTONIO		

MATTINA

POMERIGGIO

SERA