

(m) ORARIO CORSI (m)

Attività sportiva ginnastica finalizzata alla salute e al fitness

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
MATTINA	07:50-08:50 SlowFIT Medical		07:50-08:50 SlowFIT Medical		07:50-08:50 SlowFIT Medical	
	08:50-09:50 Body Step		08:50-09:50 Total Circuit		08:50-09:50 Total Body	
	09:00-10:00 SlowFIT Medical	09:00-10:00 Yoga	09:00-10:00 SlowFIT Medical	09:00-09:50 SlowFIT Tone	09:00-10:00 SlowFIT Medical	
	10:15-11:15 FIT Pilates		10:15-11:15 FIT Pilates		10:10-11:10 Yoga	10:30-11:30 * Group Cycling
	13:00-13:50 Functional Training		13:00-13:50 Functional Training		13:00-13:50 Functional Training	
POMERIGGIO						15:30-16:30 Yoga
			17:00-18:00 Karate (Princ + Av)		17:00-17:50 Body Balance	
		18:00-19:00 Body Attack		18:00-18:55 Total Body	18:00-18:55 Body Step	
	18:30-19:30 * Group Cycling		18:40-19:40 Body Pump			
SERA	19:00-19:15 Addominali					
	19:15-20:15 Functional Training	19:15-20:15 Calisthenics		19:15-20:15 Functional Training		
	19:45-20:40 SlowFIT Medical	19:20-20:20 * Group Cycling	19:45-20:40 SlowFIT Medical	19:20-20:20 * Group Cycling		
		20:30-21:30 Pilates Principianti		20:30-21:30 Yoga	20:00-21:00 * Group Cycling	
	20:45-21:45 Pilates		20:45-21:45 Pilates			

CATEGORIE CORSI



FORZA E FIATO



MEDICAL E POSTURALE



CORPO E MENTE



DIMAGRIMENTO



CORSI KIDS



ORARI SALA ATTREZZI

LUNEDÌ 06:00-22:00 | MARTEDÌ 07:00-22:00
 MERCOLEDÌ 06:00 - 22:00 | GIOVEDÌ 07:00-22:00
 VENERDÌ 06:00 - 22:00 | SABATO 07:00-19:00
 DOMENICA 07:00 - 13:00

* LEZIONE DA PRENOTARE OBBLIGATORIAMENTE