

(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 | |
| | 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 | 19:00-19:50 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



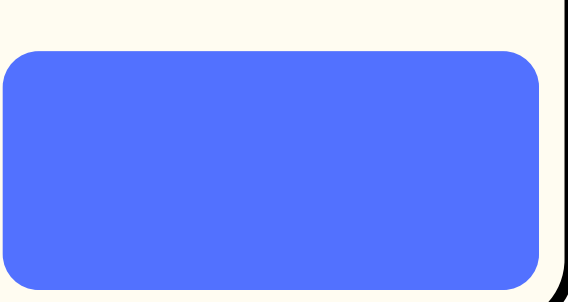
FORZA E FIATO



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