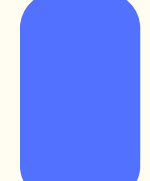
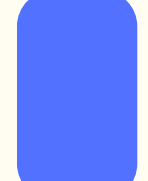
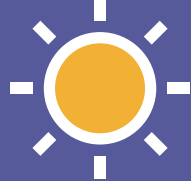
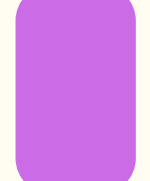
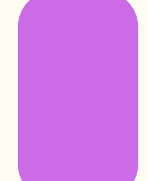
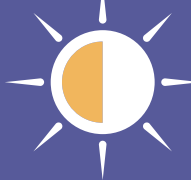
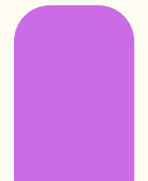
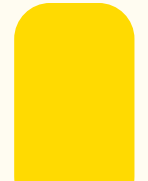
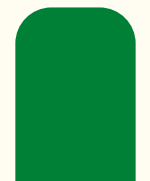


Dal
14 al 20
settembre

(m) ORARIO CORSI (m)

Attività sportiva ginnastica finalizzata alla salute e al fitness

	LUNEDÌ 14	MARTEDÌ 15	MERCOLEDÌ 16	GIOVEDÌ 17	VENERDÌ 18	SABATO 19
MATTINA 						
	 07:50-08:50 SlowFIT Medical		 07:50-08:50 SlowFIT Medical		 07:50-08:50 SlowFIT Medical	
	 09:00-10:00 Body Step		 09:00-10:00 Total Body			
	 10:15-11:15 FIT Pilates		 10:15-11:00 Yoga		 10:15-11:00 Yoga	
	 13:00-13:50 Functional Training		 13:00-13:50 Functional Training			
POMERIGGIO 						
		 18:00-18:50 Body Attack		 18:00-18:50 Total Body	 18:00-18:50 Body Step	
			 18:30-19:30 ** HYBRID TRAINING			
SERA 	 18:40-18:55 Addominali		 18:45-19:30 Body Balance			
	 19:00-19:55 ** Functional Training	 19:00-19:50 Calisthenics			 19:00-19:55 Functional Training	
		 19:20-20:20 * Group Cycling		 19:20-20:20 * Group Cycling		
	 19:45-20:40 SlowFIT Medical		 19:45-20:40 SlowFIT Medical			
		 20:30-21:15 Pilates Principianti		 20:30-21:15 Yoga	 20:00-21:00 * Group Cycling	

- * LEZIONE DA PRENOTARE OBBLIGATORIAMENTE
- ** FUNCTIONAL TRAINING DEL LUNEDÌ > IN CASO DI PIOGGIA 18:40 - 19:35
- ** HYROX DEL MERCOLEDÌ > IN CASO DI PIOGGIA ANNULLATO

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