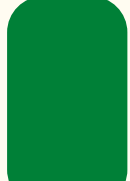
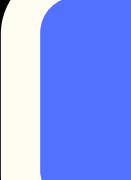
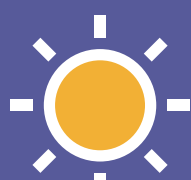
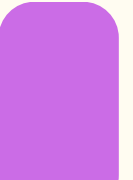
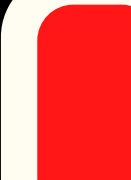
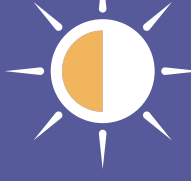
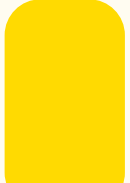


Dal
28 sett
al 4 ott

(m) ORARIO CORSI (m)

Attività sportiva ginnastica finalizzata alla salute e al fitness

	LUNEDÌ 28	MARTEDÌ 29	MERCOLEDÌ 30	GIOVEDÌ 1	VENERDÌ 2	SABATO 3
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 Circuit		 09:00-10:00 Total Body	
	 09:00-10:00 SlowFIT Medical		 09:00-10:00 SlowFIT Medical	 09:00-10:00 FIT Pilates	 09:00-10:00 SlowFIT Medical	
	 10:15-11:15 FIT Pilates		 10:15-11:00 Yoga	 10:15-11:15 Senior FIT DANCE	 10:15-11:00 Yoga	
						 10:30-11:30 * Group Cycling
POMERIGGIO 	 13:00-13:50 Functional Training		 13:00-13:50 Functional Training		 13:00-13:50 Functional Training	
			 17:00-18:00 Karate		 17:00-18:00 Karate	
		 18:00-18:50 Body Attack		 18:00-18:50 Total Body	 18:00-18:50 Body Step	
SERA 			 18:45-19:30 Body Balance			
	 19:00-19:55 ** Functional Training	 19:00-19:50 Calisthenics			 19:00-19:55 Functional Training	
	 19:10-19:25 Addominali	 19:20-20:20 * Group Cycling		 19:20-20:20 * Group Cycling		
	 19:45-20:40 SlowFIT Medical		 19:45-20:40 SlowFIT Medical			
	 20:45-21:45 Pilates	 20:30-21:15 Pilates Principianti	 20:45-21:45 Pilates	 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
- ** HYBRYD TRAINING 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