ORARIO CORSI

Attività sportiva ginnastica finalizzata alla salute e al fitness

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
MATTINA	07:50-08:50 SlowFIT Medical	8:00-08:50 Step Base	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 SlowFIT Medical	09:00-10:00 FIT Pilates	09:00-10:00 SlowFIT Medical	
	10:15-11:15 FIT Pilates	09:00-09:45 Yoga		10:15-11:15 Senior FIT DANCE	10:15-11:00 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	17:30-18:30 * Group Cycling		17:00-18:00 Karate		17:00-18:00 Karate	15:00-15:45 Yoga
		18:00-18:50 Body Attack		18:00-18:50 Total Body	18:00-18:50 Body Step	16:30-18:00 KICK BOXING | MUAY THAI | KI
		18:00-18:45 * Calisthenics Circuit	18:30-19:30 ** HYBRID TRAINING			
SERA			18:45-19:30 Body Balance			
	19:00-19:55 ** Functional Training	19:00-19:45 * Calisthenics Tecnica			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	20:05-21:05 * 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