

|| lunedì || martedì || mercoledì || giovedì || venerdì || sabato

	I S T R U T T O R I		I D I S A L A	
07:00-10:00 FABIO 10:00-14:00 SASCHA 14:00-22:00 ANDREA	07:00-14:00 PEPPE 14:00-18:00 SIMONA 18:00-22:00 EMANUELE	07:00-10:00 FABIO 10:00-14:00 SASCHA 14:00-22:00 ANDREA	07:00-14:00 PEPPE 14:00-18:00 SIMONA 18:00-22:00 EMANUELE	07:00-10:00 FABIO 10:00-14:00 SASCHA 14:00-22:00 ANDREA 08:00-14:00 PEPPE 14:00-20:00 EMA - SIM
09:00-10:00 2 Yoga** 09:00-10:00 3 GL Pump 09:00-10:00 P. Reformer** 09:30-10:30 1 Pilates Matwork* 10:30-11:30 1 Ginnastica Dolce 10:30-11:30 3 Stretch & Tone	08:45-09:30 1 Functional* 09:00-10:00 3 Total Body Fit* 09:30-10:30 2 Zumba* 09:30-10:30 1 Pilates Matwork* 10:30-11:30 3 Jazzercise	09:00-10:00 2 Yoga** 09:00-10:00 3 Step & Tone 09:00-10:00 P. Reformer** 09:30-10:30 1 Pilates Matwork* 10:30-11:30 1 Ginnastica Dolce 10:30-11:30 3 Postural	08:45-09:30 1 Functional* 09:00-10:00 3 Total Body Fit* 09:30-10:30 2 Zumba* 09:30-10:30 1 Pilates Matwork* 10:30-11:30 3 Jazzercise	09:00-10:00 2 Yoga** 09:00-10:00 3 Circuit Stretch 09:00-10:00 P. Reformer** 09:30-10:30 1 Pilates Matwork* 10:30-11:30 1 Ginnastica Dolce
13:45-14:45 P. Reformer** 14:00-15:00 1 Military* 14:00-15:00 3 Funct Training	14:00-14:50 2 Walking** 14:00-15:00 1 Pilates Matwork* 14:30-15:30 3 Body Pump* 15:00-16:00 1 Crossfit*	13:45-14:45 P. Reformer** 14:00-15:00 1 Military* 14:00-15:00 3 Funct Training	14:00-14:50 2 Walking** 14:00-15:00 1 Pilates Matwork* 14:30-15:30 3 Body Pump* 15:00-16:00 1 Crossfit*	13:45-14:55 P. Reformer** 14:00-15:00 1 Military* 14:00-15:00 3 Sweat Fitness
17:30-18:20 3 Super Jump* 18:15-19:15 P. Reformer** 18:30-19:30 3 Sweat Fitness 18:30-19:20 2 Walking** 20:00-21:00 3 Fit Combat 20:30-21:30 2 Spinning*	17:30-18:30 P. Reformer** 17:45-18:45 3 Definition 18:30-19:30 2 Spinning* 19:00-20:00 1 Functional* 19:00-20:00 3 Zumba* 19:30-20:30 Mezieres** 19:45-20:45 2 Spinning* 20:00-21:00 1 TRX Functional*	17:30-18:20 3 Functional* 18:15-19:15 P. Reformer** 18:30-19:15 3 Dynamic Pilates 18:30-19:20 2 Walking** 19:15-20:00 3 Step 20:00-21:00 3 Fit Combat 20:30-21:30 2 Spinning*	17:30-18:30 P. Reformer** 17:45-18:45 3 Definition 18:30-19:30 2 Spinning* 19:00-20:00 1 Functional* 19:00-20:00 3 Zumba* 19:30-20:30 Mezieres** 19:45-20:45 2 Spinning* 20:00-21:00 1 TRX Functional*	17:30-18:20 2 Walking** 18:15-19:15 P. Reformer** 18:30-19:30 3 Funct Training 18:30-19:20 2 Gag 20:00-21:00 3 Fit Combat 20:30-21:30 2 Spinning*

Programma soggetto a variazioni

Lezioni con frequentazione inferiori a **5** possono essere cancellate
* **Premium** con prenotazione
** **Prestige** con prenotazione