

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO



NO
EXCUSES
JUST
RESULTS

7:30 SPINNING
 7:30 CROSS
 8:30 CROSS
 9:30 CROSS
 9:30 PILATES
 9:30 TRX
 10:30 FITDANCE
 10:30 CROSS BASIC
 10:30 SUPER GAG
 11:30 ABS
 12:00 ABS
 13:30 CROSS
 14:00 TABATA
 18:00 PUMP
 18:00 PILATES
 18:30 CROSS
 19:00 FUNCTIONAL
 19:00 PILATES
 19:00 SPINNING
 19:30 CROSS
 20:00 TRX
 20:30 CROSS
 21:00 PILATES

7:30 CROSS
 8:30 CROSS
 9:30 CROSS
 9:30 GAG
 9:30 YOGA
 10:30 FITBOXE
 10:30 PILATES
 11:30 BOOTY ACTIVE
 12:00 BOOTY ACTIVE
 13:30 CROSS
 14:00 ANIMAL FLOW
 17:30 CROSS BASIC
 18:00 SPARTAN SGX
 18:00 TRX
 18:00 ZUMBA
 18:30 CROSS
 19:00 SPINNING
 19:00 POSTURAL PILATES
 19:00 TABATA
 19:30 CROSS
 20:00 KICKBOXING
 20:30 CROSS

7:30 SPINNING
 7:30 CROSS
 8:30 CROSS
 9:30 CROSS
 9:30 PILATES
 9:30 TRX
 10:30 FITDANCE
 10:30 CROSS BASIC
 10:30 SUPER GAG
 11:30 ABS
 12:00 ABS
 13:30 CROSS
 14:00 TABATA
 18:00 PUMP
 18:00 PILATES
 18:30 CROSS
 19:00 FUNCTIONAL
 19:00 PILATES
 19:00 SPINNING
 19:30 CROSS
 20:00 TRX
 20:30 CROSS
 21:00 PILATES

7:30 CROSS
 8:30 CROSS
 9:30 CROSS
 9:30 GAG
 9:30 YOGA
 10:30 FITBOXE
 10:30 PILATES
 11:30 BOOTY ACTIVE
 12:00 BOOTY ACTIVE
 13:30 CROSS
 14:00 AEROBICA
 17:30 CROSS BASIC
 18:00 ZUMBA
 18:00 TRX
 18:30 CROSS
 19:00 SPINNING
 19:00 POSTURAL PILATES
 19:00 ANIMAL FLOW
 19:30 CROSS
 20:00 KICKBOXING
 20:30 CROSS

7:30 CROSS
 8:30 CROSS
 9:30 CROSS
 9:30 PILATES
 9:30 TRX
 10:30 FITDANCE
 10:30 CROSS BASIC
 10:30 SUPER GAG
 11:30 ABS
 12:00 ABS
 13:30 CROSS
 14:00 FUNCTIONAL
 18:00 PUMP
 18:00 PILATES
 18:30 CROSS
 19:00 FUNCTIONAL
 19:00 PILATES
 19:00 SPINNING
 19:30 CROSS
 20:00 TRX
 20:30 CROSS
 21:00 PILATES

9:00 PILATES
 10:30 SPINNING
 11:00 SPARTAN SGX



PLANNING TERRA



POWER



FIT



BALANCE

TUTTI I CORSI SONO SU PRENOTAZIONE - GLI ORARI DEI CORSI POSSONO SUBIRE VARIAZIONI