

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7:30 SPINNING	7:30 CROSS	7:30 SPINNING	7:30 CROSS	7:30 CROSS	9:00 PILATES
7:30 CROSS	8:30 CROSS	7:30 CROSS	8:30 CROSS	8:30 HYBRID T.	10:00 SPINNING
8:30 HYBRID T.	9:00 YOGA	8:30 HYBRID T.	9:00 YOGA	8:30 PILATES	10:30 PILATES
8:30 PILATES	9:30 CROSS	8:30 PILATES	9:30 CROSS	9:30 CROSS	
9:30 CROSS	9:30 GAG	9:30 CROSS	9:30 GAG	9:30 TRX	
9:30 TRX	10:30 PUMP	9:30 TRX	10:30 FUNCTIONAL	9:30 PILATES	
9:30 PILATES	10:30 POSTURAL PILATES	9:30 PILATES	10:30 POSTURAL PILATES	10:30 FITDANCE	
10:30 FITDANCE	10:30 KETTLEBELL T.	10:30 FITDANCE	10:30 KETTLEBELL T.	10:30 SUPER GAG	
10:30 SUPER GAG	11:30 BOOTY ACTIVE *	10:30 SUPER GAG	11:30 BOOTY ACTIVE *	11:30 STEP&BURN	
11:30 STEP&BURN	12:00 POSTURAL PILATES	11:30 STEP&BURN	12:00 POSTURAL PILATES	12:30 ABS *	
12:30 ABS *	12:30 BOOTY ACTIVE *	12:30 ABS *	12:30 BOOTY ACTIVE *	13:30 CROSS	
13:30 CROSS	14:00 BODY SCULPT	13:30 CROSS	14:00 GAG	14:00 TABATA	
14:00 TABATA	17:00 POSTURAL PILATES	14:00 TABATA	17:00 POSTURAL PILATES	17:00 SUPER GAG	
17:00 SUPER GAG	17:00 TRX	17:00 SUPER GAG	17:00 TRX	17:00 CROSS	
17:00 CROSS	17:00 CROSS	17:00 CROSS	17:00 CROSS	18:00 PILATES-PUMP	
18:00 PILATES-PUMP	18:00 POSTURAL PILATES	18:00 PILATES-PUMP	18:00 POSTURAL PILATES	18:00 HYBRID T.	
18:00 HYBRID T.	18:00 TRX PILATES	18:00 HYBRID T.	18:00 TRX PILATES	19:00 SPINNING	
19:00 SPINNING	18:00 CROSS	19:00 SPINNING	18:00 CROSS	19:00 FUNCTIONAL	
19:00 FUNCTIONAL	19:00 SPINNING	19:00 PHA WORKOUT	19:00 SPINNING	19:00 PILATES	
19:00 PILATES	19:00 POSTURAL PILATES	19:00 PILATES	19:00 POSTURAL PILATES	19:00 CROSS	
19:00 CROSS	19:00 FITBOXE	19:00 CROSS	19:00 FITBOXE	20:00 YOGA	
20:00 YOGA	19:00 HYBRID T.	20:00 YOGA	19:00 HYBRID T.	20:00 TRX	
20:00 CROSS-TRX	20:00 KICKBOXING-TRX	20:00 CROSS-TRX	20:00 KICKBOXING-TRX	20:00 CROSS	
21:00 PILATES	20:00 CROSS	21:00 PILATES	20:00 CROSS	21:00 PILATES	

* DURATA CORSI 30 MIN

■ POWER ■ FIT ■ BALANCE

TUTTI I CORSI DURANO 50 MIN E SONO SU PRENOTAZIONE - GLI ORARI DEI CORSI POSSONO SUBIRE VARIAZIONI

PLANNINGTERRA