



CORSI DI GRUPPO

giovedì
GIOVEDÌ

STUDIO 1

09:45-10:30
POSTURAL

11:00-11:45
SCULPT

16:15-17:00
FLEXABILITY

17:15-18:00
FULL BODY

18:15-19:00
PUMP

19:15-20:00
**FUNCTIONAL
TRAINING**

20:15-21:00
 **ZUMBA**

STUDIO 2

07:15-08:00
TRX

10:15-11:00
BARRE +

12:00-12:45
FLEXABILITY

13:00-14:00
**YOGA
ALIGN**

18:15-19:15
**YOGA
STRENGTH**

19:30-20:30
YOGA CALM

REFORMER

08:45-09:30
**REFORMER
ALIGN**

10:30-11:15
**REFORMER
ALIGN**

11:30-12:15
**REFORMER
ALIGN**

15:30-16:15
**REFORMER
ALIGN**

17:15-18:00
**REFORMER
ALIGN**

18:30-19:15
**REFORMER
ATHLETIC**

CYCLING

19:00-20:00
CYCLING

FUNZIONALE

19:00-20:00
CALISTHENICS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:45-11:30
CROSS

17:15-18:00
HYDROBIKE

19:15-20:00
TONE

06:30-22:30

**NUOTO
LIBERO**