



CORSI DI GRUPPO

STUDIO 1

9:00-09:45
FULL BODY

10:00-10:45
POSTURAL

11:00-11:45
FLEXABILITY

12:00-12:45
**PILATES
ATHLETIC**

13:00-13:45
PUMP

18:00-18:45
STEP

19:00-19:45
SCULPT

20:00-20:45
FLEXABILITY

STUDIO 2

11:00-11:45
 **ZUMBA**

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

REFORMER

07:15-08:00
**REFORMER
ALIGN**

09:45-10:30
**REFORMER
FUNDAMENTAL**

10:45-11:30
**REFORMER
ALIGN**

12:00-12:45
**REFORMER
ATHLETIC**

14:00-14:45
**REFORMER
ALIGN**

16:45-17:30
**REFORMER
ALIGN**

17:45-18:30
**REFORMER
ATHLETIC**

18:45-19:30
**REFORMER
ALIGN**

CYCLING

18:30-19:30
CYCLING

19:45-20:45
CYCLING

FUNZIONALE

07:30-08:15
CROSS

18:30-19:15
CROSS

19:30-20:15
CROSS

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GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:15-11:00
HYDROBIKE

18:00-18:45
TONE

19:00-19:45
HYDROBIKE

06:30-22:30
**NUOTO
LIBERO**