



CORSI DI GRUPPO

STUDIO 1

9:15-10:00
PILATES ALIGN

10:15-11:00
SCULPT

11:15-12:15
POSTURAL

17:15-17:45
ABS

18:00-19:00
SCULPT

19:15-20:00
PUMP

STUDIO 2

08:30-09:15
FLEXABILITY

10:15-11:00
BARRE +

18:00-18:45
POSTURAL

19:00-20:00
YOGA ALIGN

REFORMER

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

10:15-11:00
**REFORMER
ALIGN**

11:15-12:00
**REFORMER
ATHLETIC**

13:00-13:45
**REFORMER
FUNDAMENTAL**

14:00-14:45
**REFORMER
ATHLETIC**

17:00-17:45
**REFORMER
ALIGN**

18:00-18:45
**REFORMER
ATHLETIC**

19:15-20:00
**REFORMER
ALIGN**

20:15-21:00
**REFORMER
ATHLETIC**

CYCLING

07:15-08:15
CYCLING

19:00-20:00
CYCLING

FUNZIONALE

07:15-08:00
CALISTHENICS

18:45-19:30
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

11:45-12:30
CROSS

18:45-19:30
HYDROBIKE

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

MARTEDÌ