



CORSI DI GRUPPO

MeNoFatti
MERCOLEDÌ

STUDIO 1

10:15-10:45
ABS

11:15-12:00
FULL BODY

12:15-13:00
 **ZUMBA**

18:00-18:45
FULLBODY

19:00-19:45
SCULPT

STUDIO 2

07:15-08:00
**PILATES
FUNDAMENTAL**

09:15-10:00
**PILATES
ALIGN**

13:15-14:00
TRX

15:45-16:30
POSTURAL

17:00-17:45
**PILATES
ALIGN**

18:15-19:00
TRX

19:15-20:00
FLEXABILITY

20:15-21:00
BARRE +

REFORMER

08:15-09:00
**REFORMER
ALIGN**

12:15-13:00
**REFORMER
ALIGN**

18:00-18:45
**REFORMER
FUNDAMENTAL**

19:00-19:45
**REFORMER
ALIGN**

20:00-20:45
**REFORMER
ATHLETIC**

CYCLING

13:00-14:00
CYCLING

18:00-19:00
CYCLING

19:15-20:15
CYCLING

FUNZIONALE

07:15-08:00
CROSS

13:30-14:15
CROSS

18:00-19:00
CALISTHENICS

19:45-20:30
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

11:15-12:00
HYDROBIKE

13:15-14:00
CROSS

18:30-19:15
TONE

19:30-20:15
HYDROBIKE

06:30-22:30

**NUOTO
LIBERO**