



CORSI DI GRUPPO

STUDIO 1

09:00-10:10
POSTURAL

12:00-12:45
 **ZUMBA**

STUDIO 2

16:30-17:30
**YOGA
STRENGHT**

17:45-18:45
YOGA CALM

REFORMER

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

11:45-12:30
**REFORMER
ATHLETIC**

12:45-13:30
**REFORMER
ALIGN**

13:45-14:30
**REFORMER
ATHLETIC**

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

CYCLING

10:15-11:15
CYCLING

11:30-12:30
CYCLING

FUNZIONALE

09:00-09:45
CROSS

10:00-10:45
CROSS

WATER

14:00-14:45
TONE

15:00-15:45
HYDROBIKE

08:00-19:30

**NUOTO
LIBERO**

STUDIO 1

09:00-09:45
FLEXABILITY

10:00-10:45
SCULPT

12:00-12:45
FULL BODY

REFORMER

11:00-11:45
**REFORMER
ALIGN**

WATER

08:00-19:30
12:15-13:00

**NUOTO
LIBERO**

SABATO

GLI ORARI POSSONO
SUBIRE VARIAZIONI

DOMENICA