



CORSI DI GRUPPO

Wendy
VENERDÌ

STUDIO 1

09:30-10:15
POSTURAL

10:30-11:15
PUMP

13:00-13:45
FULL BODY

17:15-18:00
🧘 **ZUMBA**

18:00-18:45
SCULPT

STUDIO 2

10:15-11:15
**YOGA
ALIGN**

13:15-14:00
**PILATES
ALIGN**

17:00-17:45
FLEXABILITY

REFORMER

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

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

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

18:00-18:45
**REFORMER
ALIGN**

19:00-19:45
**REFORMER
ATHLETIC**

CYCLING

07:15-08:15
CYCLING

11:15-12:15
CYCLING

13:00-14:00
CYCLING

FUNZIONALE

18:30-19:15
CROSS

GLI ORARI POSSONO
SUBIRE VARIAZIONI

WATER

10:45-11:30
ENDURANCE

19:00-19:45
HYDROBIKE

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