

CORSI DI GRUPPO

LUNEDÌ

9:30-10:25
YOGA

10:30-11:25
SILVER GYM

11:00-11:55
TOTAL BODY

13:15-14:10
PUMP

17:00-17:55
GLUTEUS

18:00-18:50
PUMP

19:00-19:55
TOTAL BODY

20:20-20:55
ABS-STRETCH

MARTEDÌ

10:00-10:55
CIRCUIT TRAINING

11:00-11:55
STRETCHING

13:00-13:55
PILATES

17:00-17:55
GAG

18:00-18:55
COMBAT

19:00-19:55
CIRCUIT TRAINING

19:30-20:25
**TOTAL BODY
CIRCUIT**

MERCOLEDÌ

10:00-10:55
SILVER GYM

11:00-11:55
**POSTURAL
PILATES**

13:00-13:55
TOTAL BODY

17:00-17:55
GLUTEUS

19:00-19:55
TOTAL BODY

20:00-20:55
PUMP

GIOVEDÌ

9:30-10:25
YOGA

13:15-14:10
FUNCTIONAL

19:55-20:10
**TOTAL BODY
CIRCUIT**

18:15-19:10
PUMP

VENERDÌ

10:00-10:55
**CIRCUIT
TRAINING**

11:00-11:55
PILATES

18:00-18:55
**CIRCUIT
TRAINING**

SABATO

9:30-10:25
ABS-STRETCH

10:30-11:25
TOTAL BODY

DOMENICA

10:30-11:25
**POWER
STRETCHING**