

LUNEDI

- PILATES DOLCE
30 09:00
- EASY TONE
26 10:30
- WALKING
17 11:00
- CIRCUIT TRAINING
06 12:30
- TOTAL BODY
15 13:00
- WALKING
17 14:30
- MY PILATES MATWORK
13 18:00
- BODYWEIGHT
05 18:30
- GROUP CYCLING
11 18:45
- ZUMBA
18 19:00
- MY PILATES MATWORK
13 19:00
- CROSS TRAINING
08 19:30
- GROUP CYCLING
11 20:00
- ZUMBA STRONG
28 20:00

MARTEDI

- GROUP CYCLING
11 07:00
- POWER STRETCH
14 09:30
- WALKING
17 11:00
- FUNCTIONAL SUSPENS.
16 12:45
- WALKING
17 14:30
- AERIAL DANCE PROP.
02 16:30
- BONITA
21 18:00
- AERIAL THEATER AVAN.
03 18:00
- BODY SLIM
04 18:30
- SUSPENSION TRAINING
10 18:30
- GROUP CYCLING
11 19:00
- CONTORTION POWER
07 19:00
- SUSPENSION TRAINING
10 19:30
- AERIAL THEATRE PRINC.
03 20:00

MERCOLEDI

- PILATES DOLCE
30 09:00
- WALKING
17 11:00
- CIRCUIT TRAINING
06 12:30
- WALKING
17 14:30
- CYCLEX
25 17:30
- MY PILATES MATWORK
13 18:00
- BODYWEIGHT
05 18:30
- GROUP CYCLING
11 18:45
- ZUMBA
18 19:00
- MY PILATES MATWORK
13 19:00
- CROSS TRAINING
08 19:30
- GROUP CYCLING
11 20:00
- ZUMBA STRONG
28 20:00

GIOVEDI

- GROUP CYCLING
11 07:00
- POWER STRETCH
14 09:30
- WALKING
17 11:00
- FUNCTIONAL SUSPENS.
16 12:45
- TOTAL BODY
15 13:00
- WALKING
17 14:30
- AERIAL DANCE
02 16:30
- KARDIO KOMBAT
24 18:00
- AERIAL DANCE PRINCIP.
02 18:00
- BODY SLIM
04 18:30
- SUSPENSION TRAINING
10 18:30
- BONITA
21 19:00
- GROUP CYCLING
11 19:00
- AERIAL DANCE AVANZ.
02 19:00
- SUSPENSION TRAINING
10 19:30
- STEP
29 19:30

VENERDI

- PILATES DOLCE
30 09:00
- WALKING
17 11:00
- CIRCUIT TRAINING
06 12:30
- WALKING
17 14:30
- CYCLEX
25 17:30
- MY PILATES MATWORK
13 18:00
- BODY WEIGHT
05 18:30
- GROUP CYCLING
11 18:45
- MY PILATES MATWORK
13 19:00
- CROSS TRAINING
08 19:30
- GROUP CYCLING
11 20:00
- YOGA
27 20:00

SABATO

- WALKING 2.0
17 09:00
- ABDOMINALS
01 09:30
- SUSPENSION TRAINING
10 11:00
- GROUP CYCLING
11 14:00

DOMENICA

- WALKING 2.0
17 09:00
- GROUP CYCLING
11 11:00

PALINSESTO CORSI