



Lunedì

MATTINA

10:00-10:45
TOTAL TONE

10:50-11:20
MOBILITY & STRETCH

PAUSA PRANZO

12:45-13:30
INDOOR CYCLING

SERA

18:00-19:00
HATA YOGA

19:15-20:15
INDOOR CYCLING

19:15-20:15
Y.E.S. YOGA**

19:15-20:00
EASY STEP

20:00-21:00
CROSS TRAINING

20:30-21:15
PANCAFIT

Martedì

MATTINA

9:30-10:15
PUMP

10:15-11:00
POSTURAL FLEX

10:30-11:00
SUSPENSION

SERA

19:00-19:45
Y.E.S. PANCAFIT*

19:30-20:30
CALISTHENICS

Mercoledì

MATTINA

9:00-09:45
BODY FLOW

9:30-10:15
Y.E.S. PANCAFIT*

09:45-10:30
INDOOR CYCLING

SERA

18:15-19:05
PUMP

19:00-20:00
FLOW YOGA

19:30-20:30
MASTER CROSS

Giovedì

MATTINA

9:30-10:15
Y.E.S. PILATES**

10:20-11:05
TOTAL BODY

SERA

18:30-19:15
PILATES POSTURALE

19:30-20:30
CALISTHENICS

19:15-20:00
EASY STEP

19:30-20:30
Y.E.S. YOGA**

20:00-20:30
SUPER GLUTEI

20:30-21:15
GIMNASTICA POSTURALE

Venerdì

MATTINA

9:30-10:15
PILATES POSTURALE

10:15-11:00
PANCAFIT

PAUSA PRANZO

12:45-13:30
FUNCTIONAL TRAINING

SERA

18:15-19:00
GAG

18:30-19:30
CROSS TRAINING

19:00-19:30
CRUNCH TIME

19:30-20:30
INDOOR CYCLING

- SALA CORSI
- SALA INDOOR CYCLING
- BOX
- PERCORSI ELITE
- YOUR EXCLUSIVE SPACE

* A PARTIRE DAL RAGGIUNGIMENTO DI MIN. 5 PERSONE

** DAL 11 SETTEMBRE AL 10 GIUGNO MIN. 5 PERSONE

