

Planning Corsi

Valido dal 10 Settembre all' 11 Ottobre

L'orario potrebbe subire variazioni

Lunedì

MATTINA

 8:30-09:30 
PANCAFIT & STRETCH

9:30-10:15 
TOTAL TONE

 10:20-10:50 
MOBILITY & STRETCH

PAUSA PRANZO

12:45-13:30 
INDOOR CYCLING

SERA

 18:00-18:45 
BARRE FLOW

 19:00-20:00 
HATHA YIN YOGA

19:00-19:45 
EASY STEP

19:15-20:15 
INDOOR CYCLING

19:50-20:20 
SUPER GLUTEI

 20:00-21:00 
CROSS TRAINING

 20:25-21:10 
PANCAFIT

Martedì

MATTINA

 8:30-9:15 
BARRE FLOW

 9:20-10:05 
PANCAFIT

10:10-10:55 
STEP & TONE

PAUSA PRANZO

12:45-13:30 
FUNCTIONAL TRAINING

SERA

18:15-19:15 
CALISTHENICS

18:00-18:45 
POSTURAL & TONE

19:20-20:05 
BOXE & TONE

 18:50-19:35 
PILATES BALANCE

19:30-20:30 
INDOOR CYCLING

 19:40-20:25 
PANCAFIT

20:15-22:45 
MAGLI D'ACCIAIO

Mercoledì

MATTINA

6:30-7:15 
FUNCTIONAL TRAINING

9:50 -10:35 
POSTURAL FLEX

10:40-11:25 
BODY TONE

SERA

18:30-19:30 
PUMP

 18:30-19:30 
DYNAMIC YOGA

19:15-20:15 
INDOOR CYCLING

19:35-20:20 
FIT BOXE

19:30-20:30 
CROSS TRAINING

21:00-22:45 
MAGLI D'ACCIAIO

Giovedì

MATTINA

 8:30-9:15 
PANCAFIT

9:30 -10:15 
GAG

10:20-11:05 
BODY FLOW

PAUSA PRANZO

SERA

18:15-19:15 
CALISTHENICS

 19:00-19:45 
MAT PILATES

19:00-19:45 
EASY STEP

19:30-20:30 
INDOOR CYCLING

19:50-20:20 
SUPER GLUTEI

Venerdì

MATTINA

6:30-7:30 
INDOOR CYCLING

 8:45-9:30 
PILATES BALANCE

 9:35-10:35 
PANCAFIT & STRETCH

10:40-11:25 
POSTURAL & TONE

PAUSA PRANZO

12:45-13:30 
TABATA

17:30-18:15 
TEEN LAB*

SERA

18:15-19:00 
GAG

19:05-19:35 
CRUNCH TIME

19:40-20:25 
BOXE E TONE

20:30-22:45 
MAGLI D'ACCIAIO

 SALA CORSI

 SALA INDOOR CYCLING

 BOX

CORSI SILVER

CORSI GOLD

CORSI DIAMOND



PLANNING CORSI



LE OFFICINE
FORGIAMO BENESSERE