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
- 20:30-21:30 BALLI COUNTRY
- 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 ANIMAL FUNTIONAL 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

CORSO EXTRA

PLANNING CORSI

LE OFFICINE

FORGIAMO BENESSERE