

Planning Corsi

Valido dal 12 Ottobre all' 11 Giugno

L'orario potrebbe subire variazioni

Lunedì

MATTINA

6:30-7:15
POSTURAL & TONE

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

10:10-10:40
MEDITAZIONE

10:10-10:55
STEP & TONE

11:00-11:30
STRETCHING

PAUSA PRANZO

12:45-13:30
FUCTIONAL TRAINING

15:30-16:15
LONGEVITY
In collaborazione con il Comune

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

09:00-09:45
MAT PILATES

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

20:25-20:55
POSTURAL FLEX

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

12:45-13:30
BOXE E TONE

SERA

18:15-19:15
CALISTHENICS

18:00-18:45
PANCAFIT

19:00-19:45
MAT PILATES

19:00-19:45
EASY STEP

19:30-20:30
INDOOR CYCLING

19:50-20:20
SUPER GLUTEI

20:25-21:10
GINNASTICA POSTURALE

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

18:30-19:30
CROSS TRAINING

19:05-19:35
CRUNCH TIME

19:30-20:30
INDOOR CYCLING

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
*TRIMESTRALE

CORSO EXTRA
*5 LEZIONI



PLANNING CORSI



LE OFFICINE
FORGIAMO BENESSERE