

# ORARIO FITNESS

## LUNEDÌ

## MARTEDÌ

## MERCOLEDÌ

## GIOVEDÌ

## VENERDÌ

## SABATO

10.30 11.15	CIRCUITO
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10.30 11.30	PILATES
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9.30 10.00	VERTEBRALE
10.00 10.30	DOLCE

9.30 10.00	DOLCE
10.00 10.30	VERTEBRALE

10.30 11.30	PILATES
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10.30 11.30	CIRCUIT TRAINING
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12.30 13.00	CIRCUITO TRAINING
13.00 13.30	
13.30 14.00	STRETCHING

12.30 13.00	CIRCUITO
13.00 13.30	PILATES
13.30 14.00	STRETCHING

12.30 13.00	CRUNCH CARDIO
13.00 13.30	TABATA
13.30 14.00	STRETCHING

12.30 13.00	STRETCHING
13.00 13.30	CIRCUIT TRAINING
13.30 14.00	

12.30 13.00	TOTALBODY
13.00 13.30	
13.30 14.00	

17.00 17.30	ZUMBA
17.30 18.00	
18.00 18.30	CIRCUIT TRAINING
18.30 19.00	

17.00 17.30	DOLCE
17.30 18.00	VERTEBRALE
18.00 18.30	CRUNCH CARDIO
18.30 19.00	TABATA

17.00 17.30	ZUMBA
17.30 18.00	
18.00 18.30	GLAM DANCE
18.30 19.00	

17.00 17.30	DOLCE
17.30 18.00	VERTEBRALE
18.00 18.30	CRUNCH CARDIO
18.30 19.00	TABATA

17.00 17.30	ZUMBA
17.30 18.00	
18.00 18.30	CIRCUIT TRAINING
18.30 19.00	

ORARIO SALA: Lun - Ven 7-20.30 Sab 9-17 Dom 9-14