

ORARIO FITNESS

LUNEDÌ

10.30
11.30 CIRCUITO

12.30
13.00 CIRCUITO
13.00
13.30 PILATES
13.30
14.00 STRETCHING

17.00
17.30 ZUMBA
17.30
18.00
18.00
18.30 CIRCUIT TRAINING
18.30
19.00

MARTEDÌ

10.30
11.30 PILATES

12.30
13.00 CIRCUITO
13.00
13.30
13.30
14.00 STRETCHING

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

MERCOLEDÌ

9.30
10.00 VERTEBRALE
10.00
10.30 DOLCE

12.30
13.00 CRUNCH CARDIO
13.00
13.30 TABATA
13.30
14.00 STRETCHING

17.00
17.30 ZUMBA
17.30
18.00
18.00
18.30 GLAM DANCE
18.30
19.00

GIOVEDÌ

9.30
10.00 DOLCE
10.00
10.30 VERTEBRALE

12.30
13.00 STRETCHING
13.00
13.30 CIRCUIT TRAINING
13.30
14.00

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

VENERDÌ

10.30
11.30 PILATES

12.30
13.00 TOTALBODY
13.00
13.30
13.30
14.00 STRETCHING

17.00
17.30 ZUMBA
17.30
18.00
18.00
18.30 STEP
18.30
19.00

SABATO

10.30
11.30 CIRCUIT TRAINING

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