

ORARIO FITNESS

LUNEDÌ

10.30 11.15	CIRCUITO
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12.30 13.00	CIRCUITO TRAINING
13.00 13.30	
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
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12.30 13.00	CIRCUITO
13.00 13.30	PILATES
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	

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
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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	CIRCUIT TRAINING
18.30 19.00	

SABATO

10.30 11.30	CIRCUIT TRAINING
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ORARIO SALA: Lun - Ven 7-20.30 Sab 9-17 Dom 9-14