

ORARI CORSI 19/20



ORARI APERTURA DEL CLUB: Lunedì - Venerdì: 8:30 - 22:00 / Sabato: 9:00 - 16:00 / Domenica: 9:00 - 13:00

Orari	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:00 > 10:45	EASY TONE	PILATES	TOTAL BODY	GOLD ZUMBA	YOGA	
10:45 > 11:30						KETTLEBELL
11:30 > 12:00		GLUTEI FREE		ARM-STRONG		
12:45 > 13:30	BOXE-UP	POWER PUMP	KETTLEBELL	FIT CROSS	PILATES	DOMENICA
17:15 > 17:45	TABATA		MILITARY WORKOUT		TRIPLET	10:45 > 11:30 SURPRISE
18:30 > 19:15	G.A.G.	STRONG	INSANY-T	FREE UP	PILATES	
19:15 > 20:00	FIT CROSS	BOXE UP	PILATES	POSTURAL FIT	JUMP	
20:00 > 20:45	CARIBE FIT	YOGA	REGGAE-TONE	FIT CROSS	BIKE TONE	
20:45 > 21:45		SPINNING		SPINNING		

 Corsi da 30 minuti

 Corsi a pagamento