

ORARI CORSI 21/22



ORARI APERTURA DEL CLUB:

Lunedì - Venerdì: 8:30 - 22:00 / Sabato: 9:00 - 16:00 / Domenica: 9:00 - 13:00

LUNEDÌ	10:00 > 10:45 CROSS TRAINING	12:45 > 13:30 BOXE-UP		
	18:30 > 19:15 FIT CROSS FUNCTIONAL	19:15 > 20:00 BIKE TONE	20:00 > 20:45 CARIBE FIT	
MARTEDÌ	10:00 > 10:45 TABATA CIRCUIT	12:45 > 13:30 KETTLE-PUMP		
	18:00 > 18:45 STRONG	18:45 > 19:30 GAG CIRCUIT	19:30 > 20:15 YOGA	20:15 > 21:15 SPINNING
MERCOLEDÌ	10:00 > 10:45 PILATES	12:45 > 13:30 AEROBURN		
	18:30 > 19:15 BOXE UP	19:15 > 20:00 PILATES	20:00 > 20:45 POUND	
GIOVEDÌ	10:00 > 10:45 POWER CARDIO	12:45 > 13:30 FIT CROSS		
	18:00 > 18:45 CROSS CARDIO	18:45 > 19:30 REGGAE-TONE	19:30 > 20:15 STRETCH & TONE	20:15 > 21:15 SPINNING
VENERDÌ	10:00 > 10:45 YOGA	12:45 > 13:30 PILATES		
	18:30 > 19:15 PILATES	19:15 > 20:00 REBOUND	20:00 > 20:45 HIIT SWEAT	
SABATO	10:45 > 11:30 KETTLEBELL		DOMENICA	10:45 > 11:30 SURPRISE