

SALA 1

LUNEDI'
29/12 e 05/01

MARTEDI'
30/12

VENERDI'
02/01

7.00-7.55
PILATES

8.00-8.55
GAG

9.00-9.55
FIT PILATES

10.00-11.25
HATHA YOGA

11.00-12.00
POSTURAL STRETCHING

13.00-14.00
BODY WEIGHT

13.00-14.00
FULL BODY

13.15-14.10
PILATES

17.00-17.55
SCULPT 360

18.00-18.55
STRETCHING

19.00-19.55
POSTURALE

20.00-20.55
YOGA

17.00-17.55
FULL BODY

18.00-18.55
STRETCHING

19.00-19.55
PILATES

17.00-17.55
DANCE&TONE

18.00-18.55
CIRCUIT
STEP&BOXE

19.00-19.55
POSTURALE

20.00-20.55
YOGA

SALA 2

LUNEDÌ
29/12 e 05/01

MARTEDÌ
30/12

VENERDÌ
02/01

9.30-10.25 GINNASTICA DOLCE	9.30-10.25 FUNZIONALE	9.30-10.25 GINNASTICA DOLCE
10.30-11.25 GINNASTICA DOLCE	10.30-13.00 OPEN	10.30-11.25 GINNASTICA DOLCE
11.30-13.00 OPEN		11.30-13.00 OPEN

13.00-14.30 WORKOUT BODY

13.00-14.30 WORKOUT BODY

15.00-18.15 OPEN	15.30-17.00 OPEN	15.30-18.15 OPEN
18.15-19.10 CIRCUITO METABOLICO	18.15-19.10 H.I.I.T	18.15-19.10 STRENGTH & RESISTANCE
19.15-20.10 BODY FOCUS	19.15-21.00 OPEN	19.15-20.10 MOBILITY FLOW
20.15-22.00 OPEN		20.15-22.00 OPEN