

I NOSTRI PALINSESTI

H	LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO
7.00	SMALL GROUP TRAINING				SMALL GROUP TRAINING				SMALL GROUP TRAINING		
7.30			SMALL GROUP TRAINING				SMALL GROUP TRAINING				
8.00	SMALL GROUP TRAINING								SMALL GROUP TRAINING		SMALL GROUP TRAINING
8.30											
9:00	A.F.A.		A.F.A.				A.F.A.		A.F.A.		SMALL GROUP TRAINING
9:30											
10:00	A.F.A.		A.F.A.				A.F.A.		A.F.A.		SMALL GROUP TRAINING
10:30					PILATES						
11:00	A.F.A.				A.F.A.						PILATES
11:30											
12:00											
12:30	SMALL GROUP TRAINING		SMALL GROUP TRAINING		SMALL GROUP TRAINING		SMALL GROUP TRAINING		SMALL GROUP TRAINING		
13:00											
13:30	POSTURAL FIT		CIRCUIT TRAINING				GAG		PILATES		
14:00											
14:30											LEGENDA Corso TERZO Corso FITNESS Personal Training Corso EXERCIZI
15:00											
15:30											
16:00			CORPO LIBERO SOFT						CORPO LIBERO SOFT		
16:30											
17:00	CORPO LIBERO		CORE TRAINING				GINNASTICA POSTURALE		CIRCUIT TRAINING		
17:30											
18:00	TOTAL BODY		GAG		BODY SCULPT		PILATES		PILATES		
18:30											
19:00	BODY SCULPT	SMALL GROUP TRAINING	YOGALATES	SMALL GROUP TRAINING	CIRCUIT TRAINING	SMALL GROUP TRAINING	TOTAL BODY	SMALL GROUP TRAINING	GAG+	SMALL GROUP TRAINING	
19:30											
20:00	PILATES	SMALL GROUP TRAINING	BAGUA	SMALL GROUP TRAINING	PILATES	SMALL GROUP TRAINING	BAGUA	SMALL GROUP TRAINING	SMALL GROUP TRAINING		
20:30											
21:00	WING TSUN				WING TSUN						
21:30											

LEGENDA:

Corsi
TERZA ETÀ

Corsi
FITNESS

Personal
Training

Corsi
EXTRA