

ORARI CORSI SALA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7.15-8.00 FUNCTIONAL Giorgio			7.15-8.00 FUNCTIONAL Giorgio			
9.30-10.15 TOTAL BODY Katarina	9.00-9.45 SOFT CYCLING Daria		9.00-9.45 SOFT CYCLING Daria	9.30-10.15 TOTAL BODY Katarina	9.15-10.00 POWER PUMP Luisa	
10.30-11.15 BACK SCHOOL Diana		10.30-11.15 BACK SCHOOL Diana		10.30-11.15 BACK SCHOOL Katarina	10.15-11.00 POSTURAL PILATES Luisa	
		13.15-14.00 GROUP CYCLING Daria		13.15-14.00 GROUP CYCLING Stefano		
18.15-19.00 FAT BURNING Luisa	18.15-19.00 POSTURAL PILATES Luisa	18.15-19.00 F.BURNING ABS Luisa				
19.15-20.00 GROUP CYCLING Stefano		19.15-20.00 GROUP CYCLING Daria				

INTENSITÀ

 Intenso

 Medio

 Soft/Olistico