

FITNESS GROUP 1

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
08.30	Pilates Manuela 55'			Pilates Manuela 55'			
09.00			BeActive Tone Fauzia 55'		BeActive Walking Fauzia 55'		Lezioni Special 55'
10.15		Ginnastica Posturale Giacomo 55'			Ginnastica Posturale Giacomo 55'	HiIT Walk Giovanni 55'	
13.00	HiIT PumP Eléna 55'	Pilates Manuela 55'	HiIT CroSS Giacomo 45'	Pilates Manuela 55'	HiIT SweaT Eléna 55'		
17.15					HiIT PumP Eléna 45'		
17.30	BeActive Walk+Core Fauzia 55'	HiIT PumP Eléna 55'	BeActive Walk+Core Fauzia 55'	HiIT SweaT Eléna 55'			
18.00					BeActive Mobility Eléna 55'		
18.15		BeActive Athletic Eléna 55'		BeActive Athletic Eléna 55'			
18.30	BeActive G.A.G. Fauzia 55'		BeActive Step G.A.G. Fauzia 55'				
19.00					BeActive Walking Fauzia 55'		
19.15		Stik Walking Giovanni 55'		Stik Walking Giovanni 55'			
19.30	Pilates Manuela 55'		Pilates Manuela 55'				
20.30		YOGA Giulia 55'		YOGA Giulia 55'			

I CORSI SI APRONO CON UN MINIMO DI 5 ISCRITTI

FITNESS GROUP 2

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
07.15	HiIT CroSS Giacomo 45'		HiIT CroSS Giacomo 45'		HiIT CroSS Giacomo 45'	
09.00	HiIT SweaT Eléna 55'		HiIT SweaT 55'			
13.00	BeActive Cycling 55'		BeActive Cycling 55'	HiIT PumP 55'	HiIT CroSS Giacomo 45'	
17.30	HiIT PinK 55'	HiIT PumP 55'	HiIT PinK 55'	HiIT SweaT 55'	HiIT PinK 55'	
18.30	BeActive Cycling 55'	HiIT Strenght 55'	BeActive Cycling 55'	HiIT Strenght 55'		
19.00					HiIT PumP 55'	
19.30	HiIT CroSS Giacomo 55'	HiIT PumP 55'		HiIT PumP 55'		

I CORSI SI APRONO CON UN MINIMO DI 5 ISCRITTI

Scegli il percorso più
adatto a te!

- FORZA / TONO
- BENESSERE
- CONTROLLO DEL PESO
- ATLETISMO

Gli Orari Possono Subire

