

Orario valido dal 21/03 al 30/06

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
fitness					
9:30 Tonic One	9:30 RED	9:30 Tonic One	9:30 RED	9:30 Tonic One	
	10:30 Pilates Fit		10:30 Pilates Fit		
13:40 Zumba	NEW 13:30 MetCon	13:40 Z'Fit		13:40 Pump	
16:00 Burn It		16:00 Strong		16:00 Zumba	
	17:30 Zumba		17:30 Zumba		
	18:30 AeroCore	18:40 Burn It	18:30 Core Step		
19:00 Step	19:30 R.E.D.	19:40 Pilates	19:30 R.E.D.	19:00 Step	
20:00 Burn It		20:30 Step		20:00 Pilates	
Body & Mind					
10:30 Posturale		10:30 Posturale		10:30 Posturale	
17:00 Posturale		17:00 Posturale		17:00 Posturale	
17:50 Posturale		17:50 Posturale			
* special class fruibile con carnet ingressi e prenotazione obbligatoria					
combat					
	17:30 Karate		17:30 Karate		
19:00 Kick Boxing	18:30 Karate	19:00 Kick Boxing	18:30 Karate	19:00 Kick Boxing	
20:00 Kick Boxing		20:00 Kick Boxing		20:00 Kick Boxing	