

ORARIO	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
09:00 10:00		STRETCHING DEI MERIDIANI		STRETCHING DEI MERIDIANI	
10:00 11:00	GOOD MORNING PILATES		GOOD MORNING PILATES		
12:00 14:00	CIRCUIT TRAINING (12:00 - 14:00)		CIRCUIT TRAINING (12:00 - 14:00)		CIRCUIT TRAINING (12:00 - 14:00)
17:00 18:00	BABY DANCE (17:00 - 18:00)	K TRAINING (17:30 - 18:10)	DISCO DANCE (17:00 - 18:25)	K TRAINING (17:30 - 18:10)	HIP HOP PRINCIPIANTI (17:00 - 18:00)
17:30 18:30		POSTURAL PILATES *		PILATES *	HIP HOP INTERMEDIO (18:00 - 19:00)
18:30 19:30	INDOOR CYCLING	PILATES *	G.A.G.	INDOOR CYCLING	MODERN CHILDREN (19:00 - 20:00)
19:30 20:30	ZUMBA FITNESS e STRONG BY ZUMBA (19:40 - 20:40)			BOOGIE WOOGIE (20:30 - 21:30)	CLASSICO (20:00 - 21:30)
		K TRAINING (20:00 - 20:40)		K TRAINING (20:00 - 20:40)	MODERN ADULT (21:30 - 22:30)

POWER
Forza e Energia (K Training, Circuit Training)

ENJOY
Dinamismo e Divertimento allo stato puro (Indoor Cycling, G.A.G.)

BALANCE
Riequilibrio Funzionale (Pilates, Stretching dei Meridiani, Postural Pilates)

*** SU PRENOTAZIONE**