

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 *		CIRCUIT TRAINING *		CIRCUIT TRAINING *
17:00 18:00		K TRAINING * (17:30 - 18:10)		K TRAINING * (17:30 - 18:10)	
17:30 18:30		POSTURAL PILATES *		PILATES *	
18:30 19:30	INDOOR CYCLING *	PILATES *	G.A.G.	INDOOR CYCLING *	
		K TRAINING * (20:00 - 20:40)		K TRAINING * (20:00 - 20:40)	

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)