



SALA FITNESS “ A “ Orario dal 11/09/2017 al 30/06/2018

ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
7.30/8.30	YOGA (SALA B)	BODY FLEX	YOGA (SALA B)	BODY FLEX	YOGA (SALA B)
7.30/8.30	CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING
8.30/9.30	PILATES (SALA B)		PILATES (SALA B)		PILATES (SALA B)
8.30/9.30	TOTAL BODY	BODY FIGHT	TOTAL BODY	BODY FIGHT	TOTAL BODY
9.30/10.30		ZUMBA (SALA B)		ZUMBA (SALA B)	
9.30/10.30	STEP & TONE	FUNCTIONAL TRAINING	STEP & TONE	FUNCTIONAL TRAINING	STEP & TONE
10.30/11.30	POSTURALE	POSTURALE MEZIERES	POSTURALE	POSTURALE MEZIERES	POSTURALE
11.30/12.30	POSTURALE		POSTURALE		POSTURALE
13.30/14.30	STEP & GAG	TOTAL BODY	POWER PILATES	TOTAL BODY	STEP & TONE
14.30/15.30	POWER PILATES	PILATES	STEP & TONE	PILATES	STEP & GAG
15.30/16.30	POSTURALE		POSTURALE		POSTURALE
17.00/18.00	ZUMBA	PUMP	ZUMBA	STEP	ZUMBA
18.00/19.00	FUNCTIONAL TRAINING	STEP	FUNCTIONAL TRAINING	PUMP	FUNCTIONAL TRAINING
19.00/20.00	CROSS TRAINING	TOTAL BODY	CROSS TRAINING	GAG	CROSS TRAINING
20.00/21.00	PREPUGILISTICA*	PILATES	PREPUGILISTICA*	PILATES	PREPUGILISTICA*
SABATO		DOMENICA		SALA PESI E CARDIO	
10.00/11.00	PILATES	11.00/12.00	ZUMBA	7.00/22.00	LUNEDI'/VENERDI'
11.00/12.00	GAG	12.00/13.00	TOTAL BODY	9.00/18.00	SABATO
12.00/13.00	STEP COREOGRAFICO			9.00/13.00	DOMENICA

*ATTIVITA' NON INCLUSA NELL'ABBONAMENTO