

ORARI CORSI

PLANNING CORSI



LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		WEEK END	
S. AEROBICA	S. FUNCTIONAL	S. AEROBICA	S. FUNCTIONAL	S. AEROBICA	S. FUNCTIONAL	S. AEROBICA	S. FUNCTIONAL	S. AEROBICA	S. FUNCTIONAL	SABATO	DOMENICA
6:45 PILATES		6:45 GAG		6:45 AERODANCE		6:45 GAG		6:45 PUMP			
7:45 ABS ADDOMINALI		7:45 STRECHING		7:45 YOGAPILATES		7:45 ABS ADDOMINALI		7:45 GROUP CYCLING			
9:30 YOGA PILATES		9:15 60' LES MILLS BODYBALANCE		9:30 60' G.A.G		9.15 50' LES MILLS BODYBALANCE		9.15 45' VITALITYMOVE		9:30 YOGAPILATES	09:30 YOGAPILATES
10.30 30' STRETCHING		10:15 60' LES MILLS BODYPUMP		10.30 30' STRETCHING		10.10 60' RIEQUILIBRIO POSTURALE		10.00 60' PILATES			
11:25 PUMP		11.25 TOTALTONE		11:25 STEP		11.25 G.A.G		11:50 ABS ADDOMINALI		11:00 STEP	11:00 PUMP
13.00 GRIT		13:00 45' ZUMBA fitness		13.00 GET DANCE	13.00 45' CROSS T.	13:00 60' LES MILLS BODYPUMP		12.45 30' LES MILLS GRIT		12:30 FUNZIONALE	12:30 FUNZIONALE
13:25 60' GROUP CYCLING				13:25 60' GROUP CYCLING				13:15 50' LES MILLS BODYBALANCE		13:30 PUMP	13:30 GAG
14.00 STRETCHING		13.50 30' LES MILLS CXWORX		14.00 STRETCHING				13:25 60' GROUP CYCLING		14:30 AERODANCE	14:30 ADDOMINALI
14.35 GAG		14.30 30' LES MILLS GRIT		14:35 STEP		14.30 30' LES MILLS CXWORX		14.40 GROUP CYCLING		15.30 POSTURALE	15:30 PILATES
15.25 TOTALTONE		16:00 PUMP		15:25 ABS ADDOMINALI		16:00 PILATES		16.00 STEP		16.30 GAG	16:30 FUNZIONALE
16:30 55' BIMBI 3/5 ANNI		17:00 YOGAPILATES		16:30 55' BIMBI 3/5 ANNI		17:00 GAG		17:00 POSTURALE		17.30 STEP	17.30 ABS GROUP CYCLING
17:30 55'(8/13 ANNI) BORN TO MOVE	17.30 60' G.A.G	18.00 60' PUMP		17:30 55'(8/13 ANNI) BORN TO MOVE	17.30 60' T.B.W	18:00 30' ADDOMINALI		18:00 30' ADDOMINALI			
18.30 60' LES MILLS BODYBALANCE				18.30 60' LES MILLS BODYBALANCE		18:30 30' GAMBE E GLUTEI		18.30 60' LES MILLS BODYPUMP			
		19,00 60' ZUMBA fitness				19:00 60' ZUMBA fitness					
19.30 45' T.B.W.	19:30 60' FIT BOXE		19.30 45' CROSS T.	19:30 30' LES MILLS CXWORX			19:30 60' FIT BOXE	19.40 PILATES	19.30 45' CROSS T.		
19:30 60' GROUP CYCLING		20.30 ADDOMINALI		20:00 30' LES MILLS GRIT	19:30 60' GROUP CYCLING			19:30 60' GROUP CYCLING			
21:00 GAG		21.05 GROUP CYCLING		21:00 STRETCHING		21:00 POSTURALE		21:00 ABS ADDOMINALI			
22:00 POSTURALE		22:00 STRETCHING		22.00 HIP HOP		22:00 ADDOMINALI		22:00 POSTURALE			

CORSI IN SALA AEROBICA	PRENOT.		<p>I CORSI VANNO PRENOTATI E VERRANNO SVOLTI CON UN MINIMO DI 4 PARTECIPANTI. GLI ORARI POSSONO SUBIRE VARIAZIONI. SI PREGA LA GENTILE CLIENTELA DI PRENOTARE E DISDIRE OGNI SINGOLO CORSO PER UN CORRETTO E RISPETTOSO FUNZIONAMENTO DEI SERVIZI. GRAZIE HELLOFIT 071-7106176</p>
CORSI IN SALA FUNCTIONAL	PRENOT.		
CORSI VIRTUAL IN SALA AEROBICA	NON PREN		
SALA INDOOR CYCLING	PRENOT.		