

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sabato

7:30
Pilates Advanced

10:00
Pancafit

7:30
Shape & Tone

8:00
Shape & Tone

10:00
Pancafit

11:00
Gag

8:30
Pilates Reformer

13:00
Shape & Tone

9:00
Fitball Tone

9:00
Stretching

19:00
Spartan Training

9:30
Pilates Reformer

18:00
Boxe Junior

10:00
Stretching

10:00
Fitball Tone

18:00
Pilates Reformer

19:00
Spartan Training

18:00
Pilates Advanced

13:00
Yoga Flow

19:00
Pilates Advanced

20:00
Circuit Training

19:00
Pilates Reformer

18:00
Pilates Reformer

20:00
Yoga Flow

20:00
Suspension Workout

19:00
Total Body

20:15
Suspension Workout

19:45
Yoga Flow

Per tutti i corsi è richiesta la prenotazione

Planning corsi

