

*Lunedì*

*Martedì*

*Mercoledì*

*Giovedì*

*Venerdì*

*Sabato*

7:30  
*Pilates Advanced*

7:30  
*Shape & Tone*

8:00  
*Yoga Flow*

8:00  
*Shape & Tone*

7:30  
*Pilates Reformer*

11:00  
*GAG*

8:30  
*Pilates Reformer*

9:00  
*Fitball Tone*

9:00  
*Pilates Reformer*

9:00  
*Flexible-Tone*

10:00  
*Pancafit*

12:30  
*\*Circuit Training*

*\*Dal 02/10*

9:30  
*Pilates Reformer*

13:00  
*Shape & Tone*

10:00  
*Pilates Matwork*

10:00  
*Fitball Tone*

19:00  
*Spartan Training*

10:30  
*Pancafit*

19:00  
*Spartan Training*

18:30  
*Pilates Advanced*

13:00  
*Shape & Tone*

18:00  
*Pilates Reformer*

20:00  
*Circuit Training*

19:30  
*Postural*

18:30  
*Postural*

19:00  
*Pilates Advanced*

20:00  
*Functional Training*

19:30  
*Pilates Advanced*

20:00  
*Yoga Flow*

20:15  
*Functional Training*

*Planning corsi*



Per tutti i corsi è richiesta la prenotazione