

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

9:30
Pilates Reformer

13:00
Shape & Tone

10:00
Pilates Matwork

10:00
Fitball Tone

19:00
Spartan Training

10:30
Pancafit

17:30
Functional Boxe Junior

18:00
Pilates Advanced

13:00
Shape & Tone

18:00
Pilates Reformer

19:00
Spartan Training

19:00
Postural

18:00
Postural

19:00
Pilates Advanced

20:00
Circuit Training

20:00
Functional Training

19:00
Pilates Advanced

20:00
Yoga Flow

20:15
Functional Training

Per tutti i corsi è richiesta la prenotazione



Planning corsi