

*Lunedì*

*Martedì*

*Mercoledì*

*Giovedì*

*Venerdì*

*Sabato*

7:30  
*Pilates Advanced*

7:30  
*Shape & Tone*

8:00  
*Postural*

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*

8:30  
*Power Boxe*

12:30  
*Circuit Training*

9:30  
*Postural*

10:00  
*Pancafit*

10:00  
*Shape & Tone*

10:00  
*Fitball Tone*

10:00  
*Pancafit*

17:45  
*Pilates Reformer*

13:00  
*Fluid Pilates*

18:00  
*Pilates Advanced*

13:00  
*Fluid Pilates*

19:00  
*Boxe*

18:45  
*Pilates Advanced*

19:00  
*Spartan Training*

19:00  
*Postural*

18:00  
*Postural*

19:45  
*Postural*

20:00  
*Boxe*

20:00  
*Functional Training*

19:00  
*Pilates Advanced*

20:00  
*Functional Training*

19:30  
*Spartan Training*

Per tutti i corsi è richiesta la prenotazione

*Planning corsi*

