



ORARI CORSI FITNESS



LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO
SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE
	08:10 – 08:40 G.A.G.	08:10 – 08:40 MORNING MOBILITY		08:10 – 08:40 G.A.G.		08:10 – 08:40 MORNING MOBILITY		08:10 – 08:40 FIT DANCE		
09:00-10:00 TOTAL BODY			09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY		09:00-10:00 TOTAL BODY	
	10:15 – 11:10 BODY BALANCE (Pilates Flow)			10:15 – 11:10 BODY BALANCE (Pilates Flow)				10:15 – 11:10 BODY BALANCE (Pilates Flow)		10:00 – 10:55 BODY PUMP
		12:00-12:30 FIT DANCE				12:00-12:30 FIT DANCE				
	13:05 – 14:00 BODY PUMP	13:05 – 13:50 HIIT		13:05 – 14:00 BODY PUMP		13:05 – 13:50 HIIT		13:05 – 14:00 BODY PUMP		
	16:05 -16:50 G.A.G.					16:05 -16:50 G.A.G.				16:05– 17:00 HIIT
17:00-18:00 TOTAL BODY			17:00-18:00 TOTAL BODY G.A.G.		17:00-18:00 TOTAL BODY		17:00-18:00 TOTAL BODY G.A.G.		17:00-18:00 TOTAL BODY	
18:00-19:00 IPERTROFIA TRAINING					18:00-19:00 IPERTROFIA TRAINING				18:00-19:00 IPERTROFIA TRAINING	
19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:05-19:35 G.A.G.	19:05-20:00 BODY BALANCE (Pilates Flow)	19:00 - 20:00 FUNCTIONAL FITNESS	19:05-20:00 BODY BALANCE (Pilates Flow)	19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:05-20:00 BODY BALANCE (Pilates Flow)	19:00 - 20:00 FUNCTIONAL FITNESS	19:05-19:35 G.A.G.	19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:00 - 19:45 G.A.G.
20:00-21:00 CALISTHENICS	19:35-20:20 FIT DANCE	20:05 -21:00 BODY PUMP			20:00 - 21:00 CALISTHENICS	20:05-21:00 BODY PUMP	20:00-21:00 SALSA & BACHATA INTERMEDIO	19:35-20:20 FIT DANCE	20:00 - 21:00 CALISTHENICS	
21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE		21:00 - 21:30 FIT DANCE			21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE	21:00 - 21:30 HIIT	21:00-22:00 SALSA & BACHATA PRINCIPIANTI		21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE	