



ORARI CORSI FITNESS



LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO
SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE	SALA FUNCTIONAL	SALA MULTIMEDIALE
08:10-8:40 G.A.G.		08:10-8:40 MOBILITY MORNING		08:10-8:40 G.A.G.		08:10-8:40 MOBILITY MORNING		08:10-8:40 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	
10:10 - 10:40 FLEXIBILITY CLASS		10:10 - 10:40 FLEXIBILITY CLASS		10:10 - 10:40 FLEXIBILITY CLASS		10:10 - 10:40 FLEXIBILITY CLASS		10:10 - 10:40 FLEXIBILITY CLASS		
12:00-12:55 BODY BALANCE (Pilates Flow)		12:00-12:30 FIT DANCE		12:00-12:55 BODY BALANCE (Pilates Flow)		12:00-12:30 FIT DANCE		12:00-12:55 BODY BALANCE (Pilates Flow)		
13:05-14:00 BODY PUMP		13:05-13:35 HIIT		13:05-14:00 BODY PUMP		13:05-13:35 HIIT		13:05-14:00 BODY PUMP		
16:05-16:50 G.A.G.										
	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 FUNCTIONAL TRAINING BASE		18:00-19:00 IPERTROFIA TRAINING		18:00-19:00 FUNCTIONAL TRAINING BASE		18:00-19:00 IPERTROFIA TRAINING	18:00-18:35 HIIT
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 HYROX	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 HYROX	19:05-20:00 BODY BALANCE (Pilates Flow)	19:00-20:00 FUNCTIONAL TRAINING ADVANCED	19:00-19:45 G.A.G.
20:00-21:00 BACHATA	20:00-21:00 CALISTHENICS	20:05-20:50 G.A.G.			20:00 - 21:00 CALISTHENICS	20:00-21:00 SALSA 3° LIVELLO			20:00 - 21:00 CALISTHENICS	
21:00-22:00 SALSA PRINCIPIANTI	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE	21:00-21:30 FIT DANCE			21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE	21:00-22:00 SALSA 2° LIVELLO			21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE	