



ORARI CORSI FITNESS



LUNEDI'	
SALA MULTIMEDIALE	SALA FUNCTIONAL
08:10-8:40 G.A.G.	
	09:00-10:00 TOTAL BODY
10:15-10:45 BODY BALANCE (Pilates Flow)	
12:00-12:55 BODY BALANCE (Pilates Flow)	
13:05-14:00 BODY PUMP	
16:05-16:50 G.A.G.	
	17:00-18:00 TOTAL BODY
	18:00-19:00 IPERTROFIA TRAINING
19:05-19:35 G.A.G.	19:00-20:00 FUNCTIONAL TRAINING ADVANCED
19:35-20:20 FIT DANCE	20:00-21:00 CALISTHENICS
	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE

MARTEDI'	
SALA MULTIMEDIALE	SALA FUNCTIONAL
08:10-8:40 MOBILITY MORNING	
	09:00-10:00 TOTAL BODY
12:00-12:30 FIT DANCE	
13:05-13:35 HIIT	
	17:00-18:00 TOTAL BODY G.A.G.
19:05-20:00 BODY BALANCE (Pilates Flow)	19:00 - 20:00 FUNCTIONAL FITNESS
20:05-21:00 BODY PUMP	
21:00-21:30 FIT DANCE	

MERCOLEDI'	
SALA MULTIMEDIALE	SALA FUNCTIONAL
08:10-8:40 G.A.G.	
	09:00-10:00 TOTAL BODY
10:15-10:45 BODY BALANCE (Pilates Flow)	
12:00-12:55 BODY BALANCE (Pilates Flow)	
13:05-14:00 BODY PUMP	
	17:00-18:00 TOTAL BODY
	18:00-19:00 IPERTROFIA TRAINING
19:05-20:00 BODY BALANCE (Pilates Flow)	19:00-20:00 FUNCTIONAL TRAINING ADVANCED
	20:00 - 21:00 CALISTHENICS
	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE

GIOVEDI'	
SALA MULTIMEDIALE	SALA FUNCTIONAL
08:10-8:40 MOBILITY MORNING	
	09:00-10:00 TOTAL BODY
12:00-12:30 FIT DANCE	
13:05-13:50 HIIT	
	17:00-18:00 TOTAL BODY G.A.G.
19:05-20:00 BODY BALANCE (Pilates Flow)	19:00 - 20:00 FUNCTIONAL FITNESS
20:05-21:00 BODY PUMP	20:00-21:00 SALSA & BACHATA INTERMEDIO
21:00-21:30 HIIT	21:00-22:00 SALSA & BACHATA PRINCIPIANTI

VENERDI'	
SALA MULTIMEDIALE	SALA FUNCTIONAL
08:10-8:40 FIT DANCE	
	09:00-10:00 TOTAL BODY
10:15-10:45 BODY BALANCE (Pilates Flow)	
12:00-12:55 BODY BALANCE (Pilates Flow)	
13:05-13:35 BODY PUMP	
	17:00-18:00 TOTAL BODY
	18:00-19:00 IPERTROFIA TRAINING
19:05-19:35 G.A.G.	19:00-20:00 FUNCTIONAL TRAINING ADVANCED
19:35-20:20 FIT DANCE	20:00 - 21:00 CALISTHENICS
	21:00-22:00 FUNCTIONAL TRAINING INTERMEDIATE

SABATO
SALA MULTIMEDIALE
10:00-10:55 BODY PUMP
16:05-17:00 HIIT
19:00-19:45 G.A.G.

