



INDOOR



ORARIO	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
08:00		PILATES 8.10-9.00		PILATES 8.10-9.00		
08:30					PILATES 8.30-9.25	
09:00						
09:30	PILATES 9.30-10.25	LIFT UP 9.15-10.15	PILATES 9.30-10.25	LIFT UP 9.15-10.15	LADY TRAINING 9.30-10.20	
10:00						
10:30		POSTURALE 10.30-11.15		POSTURALE 10.15-11.05	PANCAFIT 10.30-11.15	
11:00						PANCAFIT 11.00-11.45
11:30						
12:00						
12:30						
13:00	POSTURAL 13.00-13.55	CARDIOMET 13.00-13.55	POSTURAL 13.00-13.55	CARDIOMET 13.00-13.55	FUNCTIONAL FLYING 13.00-13.50	
13:30						
14:00						
15:00						
16:00						
16:30						
17:00	YOGA VINYASA 17.00-17.55	POSTURALE 17.00-17.50			YOGA VINYASA 17.00-17.55	
17:30			POWER FITBALL 17.30-18.15	PILATES GROUP 17.30-18.30		
18:00		PANCAFIT 18.00-18.50			PANCAFIT 18.00-18.50	
18:30	PILATES 18.30-19.25		PILATES 18.30-19.25			
19:00		TONE UP 18.50-19.40		STEP 19.00-19.50	PILATES 19.00-19.55	
19:30	CARDIOMET 19.30-20.25		CARDIOMET 19.30-20.25			
20:00		PILATES 19.45-20.35		PANCAFIT 20.00-20.50		
20:30	POWER FITBALL 20.30-21.15		FUNCTIONAL & FLYING 20.30-21.25			
21:00						