

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	A Pg 8.30 9.00 metodo speed training		A Pg 8.30 9.00 metodo speed training	I Pg 8.30 9.20 metodo pilates	
I Pg 9.30 10.20 metodo pilates	I Pg 9.00 9.45 metodo HIIT cardio	I Pg 9.30 10.20 metodo pilates	I Pg 9.00 9.45 metodo HIIT cardio		
	I Pg 10.00 10.50 metodo postural		I Pg 10.00 10.50 metodo postural		
I Pg 10.30 11.20 metodo pilates*	O Pg 10.30 11.30 metodo mommy workout	I Pg 10.30 11.20 metodo pilates*		I Pg 10.30 11.15 metodo pancafit	A G 10.30 11.00 metodo speed training
I Pg 13.00 13.45 metodo HIIT		I Pg 13.00 13.45 metodo HIIT		I Pg 13.10 14.00 metodo HIIT	
F Pg 13.00 13.50 metodo bike & tone	A Pg 13.00 13.30 metodo speed training		A Pg 13.00 13.30 metodo speed training		
I Pg 17.00 18.00 metodo power yoga				I Pg 17.00 18.00 metodo power yoga	
A Pg 17.00 17.30 metodo speed training	I Pg 17.45 18.30 metodo FMS postural	A Pg 17.00 17.30 metodo speed training		A Pg 17.00 17.30 metodo speed training	
I G 18.30 19.20 metodo pilates	I G 18.35 19.20 metodo HIIT cardio	I G 18.30 19.20 metodo pilates	I G 18.35 19.20 metodo HIIT cardio	A Pg 18.30 19.00 metodo speed training	
F G 18.45 19.35 metodo bike & tone		F G 18.45 19.35 metodo bike & tone			
A Pt 19.00 19.30 metodo speed training	I G 19.00 19.50 metodo out do	A Pg 19.00 19.30 metodo speed training	I G 19.00 19.50 metodo out do		
I G 19.25 20.10 metodo HIIT	I G 19.25 20.15 metodo pilates	I G 19.25 20.10 metodo HIIT	I G 19.25 20.15 metodo pilates		
A Pg 20.00 20.30 metodo speed training		I Pg 19.40 20.30 metodo indoor cycling			
I G 20.15 21.00 metodo HIIT	I G 20.20 21.05 metodo functional flying	I G 20.15 21.00 metodo functional flying	I G 20.20 21.05 metodo functional flying		
		I Pg 20.30 21.20 metodo indoor cycling			

LEGENDA

I Indoor
F Zona Funzionale
A Sala Attrezzi
O Outdoor

Pg Personal group
G Group

*corsi attivabili al completamento
del precedente