

ORARIO DEI CORSI SALA A**dal 31/08 al 12/09**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
13,00 – 14,00 total tone	13,00 – 14,00 G.A.G. & tone	13,00 – 14,00 gym step	13,00 – 14,00 corpo libero	13,00 – 14,00 total body cond.	12,30 – 13,30 JOLLY CLASS
17,30 – 18,30 total body cond.	17,30 – 18,30 zumba & tone	17,30 – 18,30 gym step	17,30 – 18,30 total body cond.		
	19,00 – 20,00 corpo libero	19,00 – 20,00 power training	19,00 – 20,00 gym step	18,30 – 19,30 power training	
19,30 – 20,30 G.A.G. & tone		20,00 – 21,00 cross gym		19,30 – 20,30 cross gym	

ORARIO DEI CORSI SALA B**dal 31/08 al 12/09**

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
	13,15 – 14,00 T.R.X.	13,00 – 14,00 spin			11,00 – 12,00 pilates
18,00 – 19,00 pilates (dal 7/9)		18,00 – 19,00 pilates			
19,00 – 20,00 spin					

ORARIO DEI CORSI SALA A completo per stagione 2020/21

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
10,00 – 11,00 ginnastica dolce	10,00 – 11,00 ginnastica dolce	10,00 – 11,00 ginnastica dolce	10,00 – 11,00 ginn. posturale		
12,30 – 13,15 cross gym	12,30 – 13,15 G.A.G. & tone	12,30 – 13,15 total tone	12,30 – 13,15 G.A.G. & tone	12,30 – 13,15 total body cond.	
13,15 – 14,00 total tone	13,15 – 14,00 corpo libero	13,15 – 14,00 gym step	13,15 – 14,00 corpo libero	13,15 – 14,00 circuit training	12,30 – 13,30 JOLLY CLASS
16,15 – 16,45 mini circuito				16,15 – 16,45 mini circuito	
17,00 – 17,45 total body cond.	17,00 – 17,45 zumba	17,00 – 18,00 gym step	17,00 – 17,45 tone up	17,00 – 18,00 total body	
17,45 – 18,30 tabata circuit	17,45 – 18,30 strong by zumba	18,00 – 19,00 cross gym	17,45 – 18,30 push	18,00 – 19,00 functional step	
			18,30 – 19,15 rootape		
19,00 – 20,00 total tone	19,00 – 20,00 functional step	19,00 – 20,00 power training	19,15 – 20,00 tone up	19,00 – 20,00 cross gym	
20,00 – 21,00 cross gym	20,00 – 21,00 total tone	20,00 – 21,00 cross gym	20,00 – 21,00 total body cond.		

ORARIO DEI CORSI SALA B completo per stagione 2020/21

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO
9,30 – 10,30 pilates		9,30 – 10,30 pilates			11,00 – 12,00 pilates
13,00 – 14,00 spin	13,15 – 14,00 TRX	13,00 – 14,00 spin	13,00 – 14,00 pilates	13,15 – 14,00 TRX	
17,00 – 17,45 TRX		17,00 – 17,45 TRX			
18,00 – 19,00 pilates	18,00 – 19,00 TRX	18,00 – 19,00 pilates	18,00 – 19,00 power yoga		
19,15 – 20,15 spin	19,15 – 20,15 power yoga	19,15 – 20,15 spin	19,00 – 19,45 TRX	18,30 – 19,30 pilates	