

FITNESS STADIO

Tutte le attività saranno svolte in **SALA B - LOCALE CLIMATIZZATO**

ORARIO	LUN	MAR	MER	GIO	VEN	SAB
10:00 - 11:00	GINNASTICA DOLCE	GINNASTICA DOLCE		GINNASTICA DOLCE	PILATES	INDOOR CYCLING <small>minimo 4 presenze</small>
11:00 - 12:00	PILATES	STRETCHING		PILATES	STRETCHING	TOTAL BODY
13:00 - 14:00	WOMAN GYM TONIC	INDOOR CYCLING	WOMAN GYM TONIC	INDOOR CYCLING		
13:30 - 14:30						
16:00 - 16:50			PILATES			
17:00 - 17:50	PILATES	TOTAL BODY	TOTAL BODY		TOTAL BODY	
18:00 - 18:50	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	ZUMBA	
19:00 - 19:50	INDOOR CYCLING	ZUMBA	STRETCHING	INDOOR CYCLING	TOTAL BODY	
20:00 - 20:50	TACFIT	CORE STRENGTH	TACFIT	CORE PILATES		