

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7:30 PILATES ADVANCED	7:30 SHAPE & TONE	8:00 CROSS TRAINING	8:00 PILATES REFORMER	8:00 SHAPE & TONE	10:30 BODY SCULPT
8:30 POSTURAL	8:30 PILATES REFORMER	9:00 PILATES REFORMER	9:00 POSTURAL	8:30 CROSS TRAINING	12:30 CIRCUIT TRAINING
9:30 PILATES REFORMER	9:30 PILATES MATWORK	10:00 SHAPE & TONE	13:00 FLUID PILATES	9:00 FITBALL TONE	
10:30 SHAPE & TONE	13:00 FLUID PILATES	11:00 PILATES SENIOR	18:00 POSTURAL	10:00 PILATES REFORMER	
18:00 PILATES REFORMER	18:15 PILATES ADVANCED	17:00 PILATES ADVANCED	19:00 PILATES ADVANCED	17:00 BODY SCULPT	
19:00 PILATES ADVANCED	19:15 POSTURAL	19:00 CIRCUIT TRAINING	19:30 SPARTAN TRAINING	19:00 CROSS TRAINING	
19:30 FUNCTIONAL	20:00 CROSS TRAINING	20:00 FUNCTIONAL			
20:00 POSTURAL					

Planning corsi

*Per tutti i corsi è richiesta la prenotazione.
Durante il periodo delle festività potrebbe subire variazioni.

