



LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
NEW HIIT Burn 09.20 10.10	Pilates Mat 09.20 10.10	GAG 09.20 10.10		Hatha Yoga 09.20 10.10
NEW HIIT Burn 13.15 13.55	Functional Training 13.15 13.55	NEW Fitboxe 13.15 13.55	Pilates Tools 13.15 13.55	NEW HIIT Pump 13.15 13.55
Total Body 14.10 15.00	Pilates Mat 14.10 14.55	Brucia Grassi 14.10 15.00	GAG 14.10 15.00	
Hatha Yoga 15.10 16.00	Postural Training 15.05 15.50	Pilates Tools 15.10 16.00	Postural Training 15.10 16.00	Cycling 15.10 16.00
Functional Training 16.10 17.00	NEW Vinyasa Yoga 16.10 17.00	Brucia Grassi 16.10 17.00	Hatha Yoga 16.10 17.00	Pilates Tools 16.10 17.00
Pilates Mat 17.10 18.00	NEW HIIT Burn 17.10 18.00	Pilates Tools 17.10 18.00	NEW HIIT Pump 17.10 18.00	Rebound 17.10 18.00
Zumba 18.10 19.00	Fitboxe 18.10 19.00	Zumba 18.10 19.00	Fitboxe 18.10 19.00	
Functional Training 19.10 20.00	Cycling 19.10 20.00	Functional Training 19.10 20.00	Cycling 19.10 20.00	
	Pilates Mat 20.10 20.55		NEW Vinyasa Yoga 20.10 20.55	



Oggi mi sento: ● Tonico; ● Aerobico; ● Energico; ● Consapevole; ● Forte; ● Velocista

📞 0541 1497219