

ORARIO *Corsi* NICEFIT AVENUE

TONICO

CONSAPEVOLE

ENERGICO

AEROBICO

INTENSO

DURATA

INTENSITÀ

POSTI

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<i>Accendi la tua energia</i>	<i>Allenati con uno scopo</i>	<i>Concentrati su di te</i>	<i>Più forte ogni giorno</i>	<i>Condividi il tuo equilibrio</i>
09:20 50' TOTAL BODY 14	09:20 50' PILATES MAT 14	09:20 50' GAG 14	09:20 50' PILATES MAT 14	09:20 50' POSTURAL TRAINING 14
13:15 45' FUNCTIONAL TRAINING 14		13:15 50' HIIT PUMP 14		13:15 50' HATHA YOGA 14
16:10 50' PILATES MAT 15	16:10 50' POSTURAL TRAINING 14	16:10 50' PILATES TOOLS 15	16:10 50' POSTURAL TRAINING 14	
17:10 50' GAG 14	17:10 50' PILATES FLOW 14	17:10 50' BRUCIA GRASSI 14	17:10 50' PILATES FLOW 14	17:10 50' GAG 14
18:10 50' FIT DANCE 14	18:10 50' FUNCTIONAL TRAINING 14	18:10 50' TOTAL BODY 14	18:10 50' FUNCTIONAL TRAINING 14	18:10 50' FUNCTIONAL TRAINING 14
19:10 50' HATHA YOGA 14	19:10 50' PILATES MAT 15	19:10 50' VINYASA YOGA 14	19:10 50' PILATES MAT 15	

