LUNEDI'

9.30 10.00	STRETCHING	SILVIA
10.00 11.00	JUMP & TONE	SILVIA
12.40 13.30	JUMP & TONE	SILVIA
18.30 19.00	ADDOMINALI	ALLO
19.00 19.45	TOTAL BODY	ALLO
20.00 20.30	TOTAL STRETCHING	ALLO
19.00 20.00	BOXE	MAICOL
19.15 20.15	PILATES	BARBARA

MARTEDI'

9.00 10.00	PILATES	BARBARA
12.40 13.30	FUNCTIONAL TRAINING	ELISABETTA
18.30 19.00	ADDOMINALI	EVA
19.00 19.45	BOXE UP	EVA
19.15 20.00	TABATA	FABIO
20.00 20.45	POSTURAL TRAINING	ALLO
20.15 21.15	CALISTHENICS	SIMONE

MERCOLEDI'

9.30 10.15	YOGA STRETCHING	STEFANO
10.15 11.00	TOTAL BODY	STEFANO
12.40 13.30	POWER YOGA	STEFANO
18.30 19.00	ADDOMINALI	SILVIA
19.00 20.00	CIRCUIT JUMP	SILVIA
19.30 20.30	GROUP CYCLE	OTTAVIO

GIOVEDI'

9.30 10.30	TONE & STRETCHING	ELISABETTA
12.30 13.30	GROUP CYCLE	EUGENIO
12.40 13.30	GAG	ELISABETTA
18.30 19.00	ADDOMINALI	FABIO
19.00 19.45	TABATA	FABIO
19.15 20.15	POLE DANCE	ISABELLA
20.15 21.15	POLE DANCE	ISABELLA
20.00 21.00	PILATES	BARBARA

VENERDI'

9.30 10.00	STRETCHING	SILVIA
10.00 11.00	CIRCUIT JUMP	SILVIA
12.40 13.40	PILATES	BARBARA
12.45 13.30	FUNCTIONAL CIRCUIT	ALLO
19.00 20.00	OMNIA TRAINING & STRETCHING	FABIO
19.30 20.30	GROUP CYCLE	MAX F.

SABATO

10.00 11.00	TOTAL BODY	ALLO

PRENOTA IL TUO CORSO
TRAMITE L'APP
MY WELLNESS
O
TECHNOGYM APP

CORSI A PAGAMENTO

*NEL PERIODO ESTIVO IL PLANNING POTREBBE SUBIRE DELLE VARIAZIONI