

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

MATTINO

H 10.00 - 11.00
STEP COREO

H 10.00 - 11.00
GET GYMBALL

H 10.00 - 11.00
POSTURAL CORE
STABILITY

H 10.00 - 11.00
FUNCTIONAL
TRAINING

H 10.00 - 11.00
STRETCH & TONE

H 11.30 - 12.30
FUNCTIONAL
TRAINING

POMERIGGIO

H 13.15 - 13.45
TABATA

H 12.45 - 13.15
TABATA

H 13.15 - 13.45
TABATA

H 12.45 - 13.15
TABATA

H 17.45 - 18.45
PILATES

H 17.45 - 18.45
BOOTY BURN

H 17.45 - 18.45
STEP UP

H 17.45 - 18.45
BOOTY BURN

H 17.45 - 18.45
PILATES

SERA

H 18.45 - 19.45
TONE UP

H 18.45 - 19.45
FIT & BOXE

H 18.45 - 19.45
PILATES

H 18.45 - 19.45
FIT & BOXE

H 18.45 - 19.45
TONE UP

H 19.45 - 20.45
FUNCTIONAL
TRAINING

H 19.45 - 20.45
FUNCTIONAL
TRAINING

H 19.45 - 20.45
HIIT CIRCUIT

H 19.45 - 20.45
FUNCTIONAL
TRAINING

H 19.45 - 20.45
HIIT CIRCUIT

