



LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
WALKING 9:00 - 9:45	PILATES DYNAMIC 08:00 - 08:45	WALKING 09:00 - 09:45	PILATES DYNAMIC 08:00 - 08:45	WALKING PRO FIRE 09:00 - 09:45	CYCLING 09:30 - 10:20
POSTURAL FIT 09:00 - 10:00	WALKING PRO FIRE 09:00 - 09:45	FISIOPOSTURAL 09:00 - 10:00	PILATES DYNAMIC 09:00 - 09:45	FISIOPOSTURAL 09:00 - 10:00	WALKING 10:30 - 11:15
FUNCTIONAL BASE 09:30 - 10:15	PILATES DYNAMIC 09:00 - 09:45	FUNCTIONAL BASE 09:30 - 10:15	BODYWEIGHT TONE 10:00 - 10:45	FUNCTIONAL BASE 09:00 - 09:45	PILATES EVOLUTION 10:30 - 11:15 ⚡
PUMPEVOLUTION 10:00 - 10:45	BODY C.T. 09:50 - 10:35	GTC 10:00 - 10:45	POSTURAL 10:00 - 11:00	METABOLIC TRAIN. 10:00 - 10:45	CYCLING 10:30 - 11:20
POSTURAL FIT 10:05 - 11:05	POSTURAL 10:00 - 11:00	FISIOPOSTURAL 10:05 - 11:05	POSTURAL 11:05 - 12:05	FISIOPOSTURAL 10:05 - 11:05	PILATES EVOLUTION 11:20 - 12:05 ⚡
POWER PUMP 13:30 - 14:15	POSTURAL 11:05 - 12:05	TOTAL BODY 13:30 - 14:15	BODY C.T. 13:30 - 14:15	GAG 13:30 - 14:15	DOMENICA
CYCLING 13:30 - 14:20	METABOLIC TRAIN. 13:30 - 14:15	CYCLING 13:30 - 14:20	PILATES 13:30 - 14:15	PILATES POWER 13:30 - 14:15	CYCLING 09:30 - 10:20
F-HIIT TRAINING 16:55-17:40	PILATES 13:30 - 14:15	F-HIIT TRAINING 16:55 - 17:40	AEROBIC 17:00 - 17:45	CYCLING 13:30 - 14:20	CYCLING 10:30 - 11:20
PILATES P. TONE 17:20-18:05	AEROBIC 17:00 - 17:45	PILATES P. TONE 17:20 - 18:05	FIT BOXE 17:45 - 18:30	F.HIIT TRAINING 16:55 - 17:40	
KGT-500KAL 17:45-18:30	FIT BOXE 17:45 - 18:30	BODYWEIGHT FIT 17:45 - 18:30	OVALBALL PILATES 18:05 - 18:50	BODY C.T. 17:45 - 18:30	
FISIOPOSTURAL 18:15 - 19:15	OVALBALL PILATES 18:05 - 18:50	FISIOPOSTURAL 18:15 - 19:15	CYCLING 18:30 - 19:20	METABOLIC 18:35 - 19:20	
CYCLING 18:30 - 19:20	CYCLING 18:30 - 19:20	CYCLING 18:30 - 19:20	TOTAL BODY S&T 18:35 - 19:20	FISIOPOSTURAL 19:00 - 20:00	
FUNCTIONAL STEP 18:45 - 19:30	TOTAL BODY 18:35 - 19:20	WALKING BODY CT 18:45 - 19:30	FUNCTIONAL 19:00 - 19:45	CYCLING 19:35 - 20:25	
POSTURAL PILATES 19:20 - 20:05	FUNCTIONAL 19:00 - 19:45	POSTURAL PILATES 19:20 - 20:05	OVALBALL PILATES 19:00 - 19:45	FULL WORKOUT 19:45 - 20:30	
CYCLING 19:35 - 20:25	OVALBALL PILATES 19:00 - 19:45	FUNCTIONAL TONE 19:30 - 20:15	GTC 19:25 - 20:10		
AEROBOX 19:45 - 20:30	KGT 19:25 - 20:10	CYCLING 19:35 - 20:25	CYCLING 19:35 - 20:25		
	CYCLING 19:35 - 20:25	TABAFIT 19:45 - 20:30	POSTURAL STABILITY 20:00 - 21:00		
	POSTURAL STABILITY 20:00 - 21:00				

LUN-VEN: 06.00-23.00 / SAB: 08:00-19:00 / DOMENICA 08:00-19:00

Tutte le lezioni devono essere prenotate tramite APP-PALESTRE. Il numero minimo per l'attivazione dei corsi è di 5 persone.

N.B. i corsi nei rettangoli VERDI sono CORSI TOP e prevedono un upgrade pagamento sull'abbonamento;