

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

WALKING

9:00 - 9:45

POSTURA&BENESSERE

09:00 - 10:00

PUMP EVOLUTION

10:00 - 10:45

POSTURAL FIT

10:05 - 11:05

POWER PUMP

13:30 - 14:15

CYCLING

13:30 - 14:20

F-HIIT TRAINING

16:55-17:40

PILATES MAT

17:15-18:00

KGT-500KAL

17:45-18:30

FISIOPOSTURAL

18:15 - 19:15

CYCLING

18:30 - 19:20

FUNCTIONAL STEP

18:45 - 19:30

PILATES POSTURAL

19:20 - 20:05

CYCLING

19:35 - 20:25

AEROBOX

19:45 - 20:30

PILATES DYNAMIC

09:00 - 09:45

WALKING CIRCUIT

09:00 - 09:45

BODY C.T.

10:00 - 10:45

POSTURAL

10:00 - 11:00

ENERGY POSTURAL

11:05 - 12:05

METABOLIC TRAIN.

13:30 - 14:15

PILATES

13:30 - 14:15

FIT BOXE

17:30 - 18:15

OKY DO YOGA

18:00 - 18:45

CYCLING

18:30 - 19:20

TOTAL BODY COND.

18:35 - 19:20

FUNCTIONAL

19:00 - 19:45

OVALBALL PILATES

19:00 - 19:45

G|O|T

19:30 - 20:15

CYCLING

19:35 - 20:25

POSTURAL

20:00 - 21:00

WALKING

09:00 - 09:45

POSTURA&BENESSERE

09:00 - 10:00

G|O|T

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FISIOPOSTURAL

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TOTAL BODY

13:30 - 14:15

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16:55 - 17:40

PILATES MAT

17:15 - 18:00

BODYWEIGHT FIT

17:45-18:30

FISIOPOSTURAL

18:15 - 19:15

CYCLING

18:30 - 19:20

WALKING BODY CT

18:45 - 19:30

PILATES POSTURAL

19:20 - 20:05

CYCLING

19:35 - 20:25

TABAFIT

19:45 - 20:30

OKY DO YOGA

08:30 - 09:30

PILATES DYNAMIC

09:00 - 09:45

BODYWEIGHT TONE

10:00 - 10:45

POSTURAL

10:00 - 11:00

ENERGY POSTURAL

11:05 - 12:05

BODY C.T.

13:30 - 14:15

PILATES

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OKI DO YOGA

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OVALBALL PILATES

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TOTAL BODY S&T

18:35 - 19:20

FUNCTIONAL

19:00 - 19:45

G|O|T

19:30 - 20:15

CYCLING

19:35 - 20:25

POSTURAL

20:00 - 21:00

WALKING CIRCUIT

09:00 - 09:45

POSTURA&BENESSERE

09:00 - 10:00

METABOLIC TRAIN.

10:00 - 10:45

FISIOPOSTURAL

10:05 - 11:05

GAG

13:30 - 14:15

POWER PILATES

13:30 - 14:15

CYCLING

13:30 - 14:20

F.HIIT TRAINING

16:55 - 17:40

PILATES DYNAMIC

17:30 - 18:15

BODY C.T.

17:45 - 18:30

METABOLIC

18:35 - 19:20

FISIOPOSTURAL

19:00 - 20:00

CYCLING

19:35 - 20:25

FULL WORKOUT

19:45 - 20:30

OKY DO YOGA

09:00 - 10:00

CYCLING

09:30 - 10:20

PILATES EVOLUTION

10:30 - 11:15 ⚡

CYCLING

10:30 - 11:20

PILATES EVOLUTION

11:30 - 12:15 ⚡

DOMENICA

CYCLING

9:30 - 10:20

CYCLING

10:30 - 11:20