

ORARIO CORSI 2018/2019

It's GYMDAY

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
8.00	PANCAFIT & GINN. POSTURALE			8.00	PANCAFIT & GINN. POSTURALE						
9.00	PILATES	9.30	GINN. DOLCE	9.00	PILATES	9.30	GINN. DOLCE	9.00	CIRCUIT PILATES	10.00	OLIT
10.00	TOTAL BODY	10.30	BODY FLYING	10.00	TOTAL BODY	10.30	BODY FLYING			11.15	BUNGEE FLY
		11.45	BUNGEE FLY								
13.00	TOTAL BODY WORKOUT	13.00	SPINNING	13.00	TOTAL BODY WORKOUT	13.00	SPINNING	13.00	PILOGA		
15.30	PANCAFIT & GINN. POSTURALE			15.30	PANCAFIT & GINN. POSTURALE						
17.00	G.A.G	17.30	PILATES	17.00	G.A.G	17.30	PILATES	17.30	OLIT		
18.00	PILATES	18.30	SHAPE YOUR BODY	18.00	PILATES	18.30	SHAPE YOUR BODY	18.30	BODY FLYING		
19.15	TRKX	19.30	SPINNING	19.15	TRKX	19.30	SPINNING	19.30	TRKX		
20.15	ZUMBA	20.30	HATHA YOGA	20.15	ZUMBA	20.30	PILOGA	20.30	YOGA IN GRAVIDANZA		

LEGENDA

	AEROBICI O TONIFICANTI
	OLISTICI O POSTURALI
	FUNZIONALI