

ORARI CORSI

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
08:30	RPM		BODY PUMP	GRIT	CX WORX	
10:00		BODY BALANCE				
10:30			CX WORX			
11:00	BODY PUMP	RPM	ZUMBA	PILATES	BUM BUM	
14:00	FUNCTIONAL		FUNCTIONAL	GRIT	JUMP	
16:00					BODY PUMP	
16:30	BUM BUM		PILATES			
17:00	JUMP			BUM BUM	CX WORX	
17:30			ZUMBA	GRIT	BODY BALANCE	
18:00	RPM	BUM BUM		PILATES		
18:15			JUMP			
19:00	CX WORX	BODY PUMP	BODY STEP	BODY PUMP	BODY STEP	
20:00	PILATES		BODY PUMP		PILATES	
20:30		GRIT		RPM		
21:00	BODY STEP					