

ORARI CORSI

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
09:00	BODY PUMP	ACQ DYNAMIC	ACQ DYNAMIC	ACQ DYNAMIC		
09:00	ACQ DYNAMIC					
09:30			BODY BALANCE			PILATES
10:00	TONE	TONE	ACQ DYNAMIC	ACQ DYNAMIC		
10:30	ZUMBA	JUST JUMP	BODY PUMP	TONE WORK	FIT - GAG	
11:00	ACQ DYNAMIC		ACQ DYNAMIC			
13:00		ACQ DYNAMIC		ACQ DYNAMIC		
13:30	ACQ DYNAMIC		ACQ DYNAMIC			
14:00	HIIT	PILATES		STEP - GAG	PUMP	
17:00	PILATES	KARATE	PILATES	KARATE	KARATE	
17:00	TRX		TRX		CX WORX	
18:00	CX WORX	KARATE	CX WORX	KARATE	KARATE	
18:00	ACQ DYNAMIC		ACQ DYNAMIC			
18:30	ZUMBA		STEP CORED			
18:30						
19:00		POST. TERAPEY		FIT KOMBAT	TONE WORK	
19:15	TONE	TONE	ACQ DYNAMIC	TONE		
19:30	ADDOMINALI		JUST JUMP			
19:45		ORANGE PUMP				
20:00	BODY STEP		GRIT	JUST JUMP	PILATES	
20:00	GRIT					
20:30			PILATES			
21:00						
21:30			SALSA		SALSA	