

ORARI CORSI

	SALA	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
09:30	STUDIO 1	PILATES	BODY PUMP	FUNZIONALE	CX WORX	* INDOORCYCLING		CORSO A ROTAZIONE
10:30	STUDIO 1	CX WORX	* INDOORCYCLING	PILATES	GRIT	STEP		
11:00	STUDIO CYCLE						* INDOORCYCLING	
14:00	CROSSBOX		* FUNCTIONALBOX					
14:00	STUDIO 1	BODY PUMP		CX WORX	* INDOORCYCLING	GRIT		
17:00	CROSSBOX			* FUNCTIONALBOX				
17:00	STUDIO 1	PILATES	CX WORX		FUNZIONALE	GRIT		
17:30	STUDIO 1		FUNZIONALE			CX WORX		
18:00	STUDIO 1	BODY ATTACK		BODY PUMP	CX WORX	PILATES		
18:30	STUDIO 1		BODY PUMP		GRIT			
18:30	STUDIO CYCLE	* INDOORCYCLING		* INDOORCYCLING		* INDOORCYCLING		
19:00	STUDIO 1	BODY PUMP		GRIT	PILATES	FUNZIONALE		
19:30	STUDIO 1		GRIT	CX WORX				
19:30	STUDIO CYCLE	* INDOORCYCLING				* INDOORCYCLING		
20:00	STUDIO 1	CX WORX	PILATES	FUNZIONALE	BODY PUMP	CX WORX		
20:30	STUDIO 1	FUNZIONALE						
20.30	CROSSBOX					* FUNCTIONALBOX		
21:00	CROSSBOX				* FUNCTIONALBOX			

* CORSO A PAGAMENTO • NUMERO MINIMO DI PARTECIPANTI AI CORSI: 5