

ORARIO CORSI DI GRUPPO

LUNEDI

MARTEDI

MERCOLEDI

GIOVEDI

VENERDI

SABATO

10:00

PILATES



COSCE E GLUTEI



ADDOMINALI



PILATES



COSCE E GLUTEI



On line CLASS

11:00

12:00



TABATA

On line CLASS

On line CLASS



TONE

On line CLASS

On line CLASS

14:00

15:00

On line CLASS

On line CLASS

On line CLASS

On line CLASS

On line CLASS

16:00

17:00



KOMBAT TONE

PILATES



TOTAL WORKOUT



18.30

MOVIDA



FLOW



18.30

ZUMBA



19:00

GAG



STEP



19.30

CORE



OLYSTICA

FITJUMP



19.30

GAG



20:00