

Lunedì

Martedì

Mercoledì

Giovedì

Venerdì

Sab

Dom

09.30-10.30 Total Body Workout Mela 👤❤️★	
13.00-14.00 Cardio Training Elena Ca ❤️❤️❤️★★	13.00-14.00 Group Cycling Francesca ❤️❤️❤️★
17.10-18.10 Yoga Francesca 👤👤★★	18.30-19.30 Group Cycling Luca ❤️❤️👤★
18.10-19.05 Total Body Workout Rosalinda ❤️👤👤★★	19.30-20.30 Group Cycling Luca ❤️❤️👤★
19.05-20.05 Functional Training Roberto ❤️👤👤★	
20.05-21.05 Pump Katia 👤👤👤★	

06.40-07.30 Functional Training Roberto ❤️👤👤★★	
09.30-10.30 Body Balance Manu ❤️👤👤★★	
10.30-11.30 Yogilates Donatella 👤👤★★	
13.00-14.00 Total Body Workout Katia ❤️👤👤★	18.45-19.45 Group Cycling Max ❤️❤️👤★
17.00-18.00 Cardio Training Rosalinda ❤️❤️👤★★	19.45-20.45 Group Cycling Max ❤️❤️👤★
18.00-19.00 Pilates Mela 👤👤★	
19.00-19.50 X Tempo Silvia F ❤️❤️👤★	
20.00-20.50 Step Core Silvia F ❤️❤️👤★★★	

09.30-10.30 Total Body Workout Mela 👤👤❤️★	
	13.00-14.00 Group Cycling Luca ❤️❤️👤★
13.00-14.00 Pilates Mela 👤👤★	18.30-19.30 Group Cycling Betta ❤️❤️👤★
17.00-17.45 Total Body Katia ❤️👤👤★	
18.00-19.00 Pump Elena ❤️👤👤★★	
19.00-20.00 Functional Training Roberto ❤️👤👤★★	
20.00-21.00 Pump Katia 👤👤👤★	

06.40-07.30 Functional Training Roberto ❤️👤👤★★	
09.30-10.30 Body Balance Manu ❤️👤★	
10.30-11.30 Yogilates Donatella 👤👤★★	
13.00-14.00 total body Dona 👤👤❤️★	18.45-19.45 Group Cycling Max 👤★
17.00-17.50 Yoga Francesca 👤★★	19.45-20.45 Group Cycling Max ❤️❤️👤★
17.50-18.40 Pilates Mela 👤👤★	
18.40-19.30 total body Pascal ❤️👤👤★	
19.30-20.30 Zumba Vivian ❤️👤👤★★	
20.30-21.30 Free Hyrox Robby 👤👤★★	

09.30-10.30 Total Body Workout Mela 👤👤❤️★	
13.00-13.50 Functional Training Roberto 👤👤❤️★★	
17.30-18.20 GAG Rosalinda ❤️👤👤★	19.00-20.00 Group Cycling Luca ❤️❤️👤★
18.20-19.10 Functional Training Roberto ❤️👤👤★★	
19.10-20.00 X Tempo Silvia F ❤️❤️👤★	
20.00-21.00 Pump Luisa 👤👤👤★	

10.00-11.00 Group Cycling ❤️❤️👤★	11.00-12.00 Group Cycling ❤️❤️👤★
10.00-11.00 Pump Manu 👤👤👤★	
11.00-12.00 Zumba Vivian 👤❤️❤️★★	12.00-13.00 Total Body Workout Katia 👤👤❤️★
12.00-13.00 HIT interval training ❤️❤️👤★	
Sala 1 Sala 2	
difficoltà di esecuzione allenamento per tonificazione allenamento cardio vascolare	