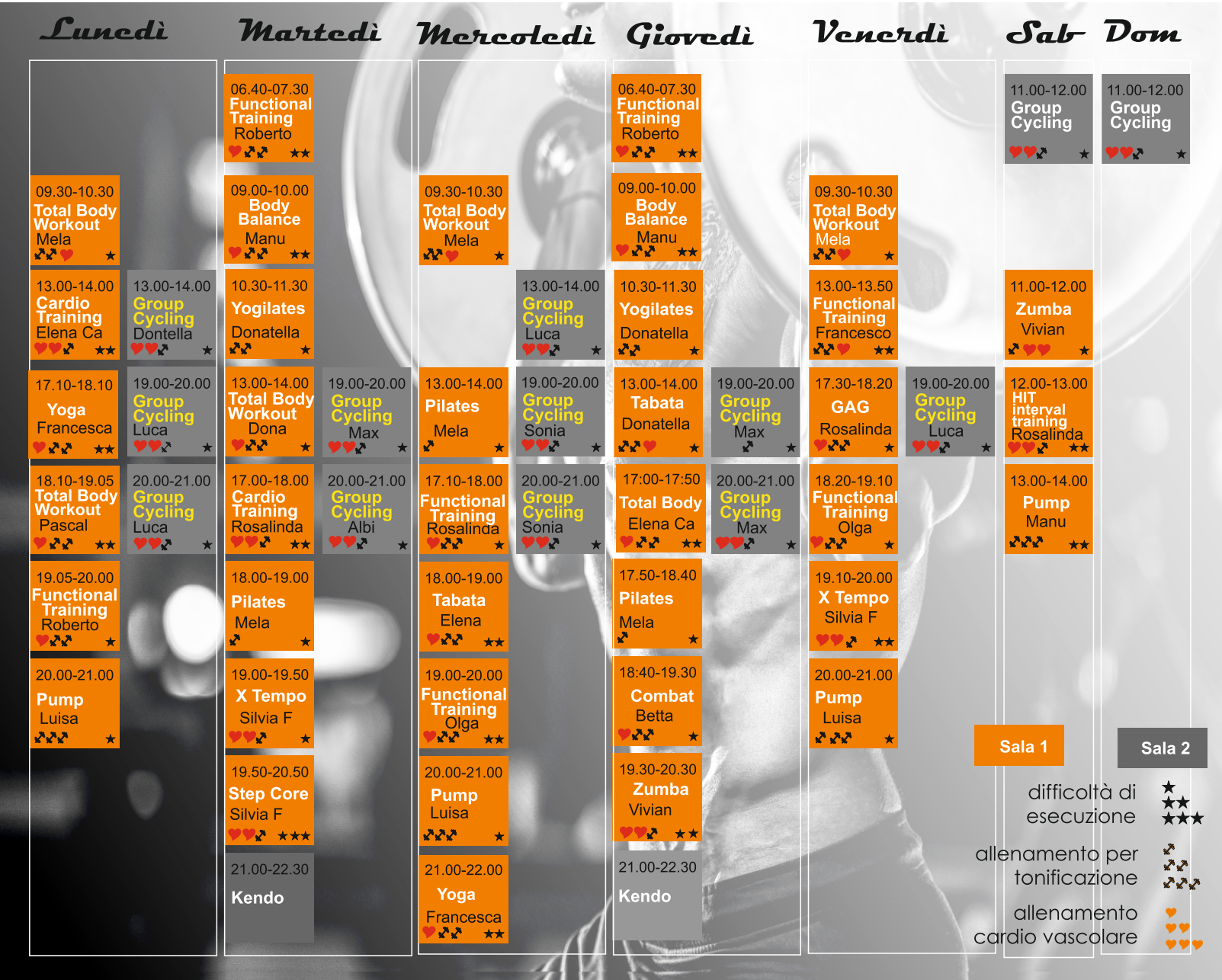

Lunedì

- 09.30-10.30 **Total Body Workout** Mela ★
- 13.00-14.00 **Cardio Training** Elena Ca ★★
- 13.00-14.00 **Group Cycling** Dontella ★
- 17.10-18.10 **Yoga** Francesca ★★
- 19.00-20.00 **Group Cycling** Luca ★
- 18.10-19.05 **Total Body Workout** Pascal ★★
- 20.00-21.00 **Group Cycling** Luca ★
- 19.05-20.00 **Functional Training** Roberto ★
- 20.00-21.00 **Pump** Luisa ★

Martedì

- 06.40-07.30 **Functional Training** Roberto ★★
- 09.00-10.00 **Body Balance** Manu ★★
- 10.30-11.30 **Yogilates** Donatella ★
- 13.00-14.00 **Total Body Workout** Dona ★
- 19.00-20.00 **Group Cycling** Max ★
- 17.00-18.00 **Cardio Training** Rosalinda ★★
- 20.00-21.00 **Group Cycling** Albi ★
- 18.00-19.00 **Pilates** Mela ★
- 19.00-19.50 **X Tempo** Silvia F ★
- 19.50-20.50 **Step Core** Silvia F ★★★
- 21.00-22.30 **Kendo**

Mercoledì

- 09.30-10.30 **Total Body Workout** Mela ★
- 13.00-14.00 **Group Cycling** Luca ★
- 13.00-14.00 **Pilates** Mela ★
- 19.00-20.00 **Group Cycling** Sonia ★
- 17.10-18.00 **Functional Training** Rosalinda ★
- 20.00-21.00 **Group Cycling** Sonia ★
- 18.00-19.00 **Tabata** Elena ★★
- 19.00-20.00 **Functional Training** Olga ★★
- 20.00-21.00 **Pump** Luisa ★
- 21.00-22.00 **Yoga** Francesca ★★

Giovedì

- 06.40-07.30 **Functional Training** Roberto ★★
- 09.00-10.00 **Body Balance** Manu ★★
- 10.30-11.30 **Yogilates** Donatella ★
- 13.00-14.00 **Tabata** Donatella ★
- 19.00-20.00 **Group Cycling** Max ★
- 17:00-17:50 **Total Body** Elena Ca ★★
- 20.00-21.00 **Group Cycling** Max ★
- 17.50-18.40 **Pilates** Mela ★
- 18:40-19.30 **Combat** Betta ★
- 19.30-20.30 **Zumba** Vivian ★★
- 21.00-22.30 **Kendo**

Venerdì

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

Sab

- 11.00-12.00 **Group Cycling** ★
- 11.00-12.00 **Zumba** Vivian ★
- 12.00-13.00 **HIT interval training** Rosalinda ★★
- 13.00-14.00 **Pump** Manu ★★

Dom

- 11.00-12.00 **Group Cycling** ★

Sala 1 **Sala 2**

difficoltà di esecuzione ★ ★★ ★★★

allenamento per tonificazione

allenamento cardio vascolare