

.....ORARIO CORSI.....

SALA FITNESS

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|-------------|--------------------------|-------------|--------------|--------------------------|----------------|--------|
| 09:30-10:30 | POSTURALE | | POSTURALE | | POSTURALE | |
| 10:30-11:30 | PILATES | | PILATES | | PILATES | |
| 11:30-12:30 | POSTURALE ALZ | | | | POSTURALE ALHZ | |
| 14:30-15:30 | YOGA PILATES | | YOGA PILATES | | | |
| 15:30-16:45 | Ginn. Ritmica COLIBRI | | | Ginn. Ritmica COLIBRI | | |
| 16:00-17:00 | | POSTURALE R | | | POSTURALE R | |
| 16:45-18:00 | Ginn. Ritmica COCCINELLE | | | Ginn. Ritmica COCCINELLE | | |
| 16:45-17:45 | | | BALLI GRUPPO | | | |
| 18:00-19:00 | PILATES | ZUMBA | PILATES | ZUMBA | PILATES | |
| 19:00-20:00 | WORKOUT | Pole dance | WORKOUT | Pole dance | | |
| 20:00-21:00 | Heels dance | Pole dance | ZUMBA | Pole dance | ZUMBA | |
| 21:00-22:00 | BALLO COUNTRY | | | | | |

SALA ROSSA

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|-------------|------------------|---------------|------------------|---------------|------------------|--------|
| 17:00-18:00 | | AERIAL KIDS | | AERIAL KIDS | | |
| 17:30-18:30 | MUAY THAY KIDS | | MUAY THAY KIDS | | MUAY THAY KIDS | |
| 18:00-19:00 | | AERIAL KIDS | | AERIAL KIDS | | |
| 18:30-19:30 | Kudo Kids | | | | Kudo Kids | |
| 19:00-20:00 | | AERIAL ADULTI | | AERIAL ADULTI | | |
| 20:00-21:00 | | AERIAL ADULTI | | AERIAL ADULTI | | |
| 19:30-21:00 | KUDO ADULTI | | KUDO ADULTI | | KUDO ADULTI | |
| 21:00-22:30 | MUAY THAY ADULTI | | MUAY THAY ADULTI | | MUAY THAY ADULTI | |

SALA NERA

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|-------------|-------------|----------|------------|----------|-------------|--------|
| 9:00-10:00 | TRX WORKOUT | | | | TRX WORKOUT | |
| 14:15-15:15 | FUNZIONALE | | FUNZIONALE | | FUNZIONALE | |
| 18:00-19:00 | TRX PRINC. | | TRX FORCE | | TRX PRINC. | |
| 19:00-20:00 | TRX FORCE | | | | TRX FORCE | |

SALA TATAMI

| | LUNEDI' | MARTEDI' | MERCOLEDI' | GIOVEDI' | VENERDI' | SABATO |
|-------------|-------------------|------------|-------------------|------------|-------------------|--------|
| 17:00-18:00 | | ZUMBA KIDS | | ZUMBA KIDS | | |
| 17:30-18:30 | JU-JITSU Bambini | | JU-JITSU Bambini | | JU-JITSU Bambini | |
| 18:30-19:30 | JU-JITSU Ragazzi | | JU-JITSU Ragazzi | | JU-JITSU Ragazzi | |
| 19:00-20:00 | | MMA | | MMA | | |
| 19:30-20:30 | JUJITSU Adulti | | JUJITSU Adulti | | JUJITSU Adulti | |
| 20:30-21:30 | BRAZILIAN JUJITSU | | BRAZILIAN JUJITSU | | BRAZILIAN JUJITSU | |

TUTTE LE LEZIONI SONO SU PRENOTAZIONE

ORARIO PALESTRA:

DAL LUNEDI' AL VENERDI' ore 07.30 – 22.30
SABATO 8.30-19.00 DOMENICA 9.00-13.00

