

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

DOMENICA

MATTINO

08.30  
SALA  
TERRA  
**GAG**

08.30  
SALA  
TERRA  
**PILATES**

09.30  
SALA  
TERRA  
**SOFT  
TOTAL BODY**

09.30  
SALA  
TERRA  
**PILATES**

09.30  
SALA  
TERRA  
**SOFT  
TOTAL BODY**

PRANZO

13.15  
SALA  
TERRA  
**SPINNING**

13.15  
SALA  
TERRA  
**LES MILLS  
RPM**

13.15  
SALA  
TERRA  
**SPINNING**

13.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

13.30  
SALA  
1° PIANO  
**WALKING  
TONIC**

13.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

13.30  
SALA  
1° PIANO  
**WALKING  
TONIC**

13.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

POMERIGGIO

17.30  
SALA  
POLE  
**PILATES**

17.30  
SALA  
POLE  
**PILATES**

18.00  
SALA  
TERRA  
**LES MILLS  
BODYPUMP**

18.00  
SALA  
TERRA  
**GAG**

18.00  
SALA  
TERRA  
**LES MILLS  
BODYPUMP**

18.00  
SALA  
1° PIANO  
**WALKING  
TONIC**

18.00  
SALA  
TERRA  
**GAG**

18.30  
SALA  
1° PIANO  
**WALKING  
TONIC**

18.00  
SALA  
1° PIANO  
**WALKING  
TONIC**

18.30  
SALA  
1° PIANO  
**WALKING  
TONIC**

18.00  
SALA  
TERRA  
**TOTAL BODY**

19.00  
SALA  
TERRA  
**LES MILLS  
RPM**

19.00  
SALA  
TERRA  
**LES MILLS  
RPM**

19.00  
SALA  
TERRA  
**TOTAL BODY**

19.00  
SALA  
TERRA  
**SPINNING**

19.00  
SALA  
TERRA  
**PILATES**

19.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

19.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

19.00  
SALA  
POLE  
**PUGILATO**

19.30  
SALA  
1° PIANO  
**FUNCTIONAL  
TRAINING**

19.00  
SALA  
POLE  
**PUGILATO**

19.00  
SALA  
1° PIANO  
**FIT BOXE**

19.00  
SALA  
1° PIANO  
**FIT BOXE**

20.00  
SALA  
TERRA  
**PILATES**

20.00  
SALA  
TERRA  
**GAG**

20.00  
SALA  
POLE  
**PUGILATO**

20.00  
SALA  
POLE  
**PUGILATO**

SERA

PLANNING GENERALE

DAL 17.04.23