

LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

SABATO

DOMENICA

MATTINO

07.00 SALA DESK **FIT YOGA**

08.30 SALA TERRA **PILATES**

07.00 SALA DESK **FIT YOGA**

08.30 SALA DESK **WALKING TONIC**

07.00 SALA DESK **FIT YOGA**

09.30 SALA TERRA **LES MILLS BODYSTEP**

09.30 SALA TERRA **SOFT TOTAL BODY**

09.30 SALA TERRA **SOFT TOTAL BODY**

PRANZO

13.30 SALA RING **FUNCTIONAL TRAINING**

13.15 SALA DESK **WALKING TONIC**

13.15 SALA TERRA **GAG**

13.15 SALA TERRA **LES MILLS BODYSTEP**

13.15 SALA TERRA **SPINNING**

13.15 SALA TERRA **SPINNING** DAL 11/09

13.30 SALA TERRA **LES MILLS BODYPUMP**

13.30 SALA RING **FUNCTIONAL TRAINING**

13.30 SALA DESK **FIT YOGA**

13.30 SALA RING **PILATES**

POMERIGGIO

17.30 SALA RING **LES MILLS BODYSTEP**

17.30 SALA DESK **PILATES**

SERA

18.00 SALA TERRA **LES MILLS BODYPUMP**

18.00 SALA TERRA **PILATES**

18.00 SALA RING **FUNCTIONAL TRAINING**

18.00 SALA TERRA **LES MILLS BODYSTEP**

18.00 SALA RING **FUNCTIONAL TRAINING**

19.00 SALA DESK **PILATES**

18.30 SALA DESK **WALKING TONIC**

18.15 SALA TERRA **LES MILLS BODYPUMP**

18.00 SALA DESK **FIT YOGA**

18.15 SALA DESK **WALKING TONIC**

19.00 SALA RING **PUGILATO**

18.30 SALA RING **FIT BOXE**

19.00 SALA RING **PUGILATO**

18.30 SALA RING **FIT BOXE**

19.00 SALA RING **PUGILATO**

19.15 SALA TERRA **SPINNING**

19.00 SALA TERRA **TOTAL BODY**

19.15 SALA DESK **GAG**

19.00 SALA DESK **WALKING TONIC**

19.00 SALA TERRA **SPINNING** DAL 11/09

20.00 SALA RING **PUGILATO**

19.30 SALA RING **FUNCTIONAL TRAINING**

19.15 SALA TERRA **SPINNING**

19.15 SALA TERRA **TOTAL BODY**

19.15 SALA DESK **PILATES**

20.00 SALA RING **PUGILATO**

19.30 SALA RING **FUNCTIONAL TRAINING**

20.00 SALA RING **PUGILATO**

PLANNING PREMIUM LIVE

JESI

DAL 04.09.2023