



LUNEDÌ/VENERDÌ: 8,15 - 22,00
SABATO: 9,00 - 14,00
DOMENICA: 9,00 - 13,00

* I corsi con l'asterisco richiedono l'obbligo della prenotazione in reception

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ORARIO CORSI FITNESS

A PARTIRE DAL 01/05/2018 E IN VIGORE FINO AL 31/05/2018



Ora	LUNEDÌ			MARTEDÌ			MERCOLEDÌ		
	Sala 2	Sala 3	Sala 4	Sala 2	Sala 3	Sala 4	Sala 2	Sala 3	Sala 4
09:00		AeroPilates			Lady Functional			AeroPilates	
09:15			Walking 30*						Walk intensive**
09:30									
09:45	Smile Tone 30*								
10:00		AFA Speciale			Ginn. Posturale			AFA Speciale	
10:30									
11:00		AFA Parkinson			AFA Parkinson			AFA Parkinson	
13:00		Met Weight		Functional				Body Weight	
13:15			Walking 30*		Pilates Matwork				Walking 30*
13:45			Smile Tone 30*						Smile Tone 30*
14:00							YogaFlexFitness		
14:15		Power Pilates*							
14:30			Walking 30*						Walking 30*
15:00	Addominali 30*						Total Body 30*		
15:30					AFA				
16:00				Zumba					
17:00	Functional Junior			Ginn. Correttiva			Functional Junior		
17:15					YogaFlexFitness				
17:30		Functional Soft						Body Weight	
18:00									Walking 30*
18:15					Total Gym*				
18:30	Smile Tone 30*	Zumba	Walking 30*				Pump Slim 30*	Zumba	Walking 30*
19:00	Total Body 30*						Addominali 30*		
19:15					Postural Pilates				
19:30		Met Weight						Body Weight	
20:00					MC 45/15				

Ora	GIOVEDÌ			VENERDÌ			SABATO		
	Sala 2	Sala 3	Sala 4	Sala 2	Sala 3	Sala 4	Sala 2	Sala 3	Sala 4
09:00		Lady Functional			Ginn. Posturale				
09:15						Walking 30*			
09:30									
09:45				Smile Tone 30*					
10:00		Ginn. Posturale							
10:30									
11:00		AFA Parkinson			AFA Parkinson				
12:00								Body Weight	
13:00					Met Weight			BruciaGrassi	
13:15		Pilates Matwork	Spin & Tone*			Walking 30*			
13:45						Total Body 30*			
14:15									
14:30						Walking 30*			
15:00				Smile Tone 30*					
15:30					AFA				
16:00				Zumba					
17:00	G. Correttiva	Fitn. Burlesque		YogaFlexFitness					
17:30					Functional Soft				
18:00			Walking 30*						
18:15		Total Gym*							
18:30			Stretch 30*		Piloxing	Walking 30*			
19:00	Metabolico*			Total Body 30*					
19:15		Postural Pilates							
19:30				Smile Tone 30*	Met Weight				
20:00		MC 45/15							