

ORE	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
9,15 - 10,15	POSTURAL DYNAMIC		POSTURAL DYNAMIC		POSTURAL TOTAL BODY		
10,00 - 11,00		CIRCUITO		Les mills BODYPUMP		STRETCHING	
10,30 - 11,30	ENERGETIC PILATES		ENERGETIC PILATES		POSTURAL BALANCE PILATES		MASTER CLASS
11,00 - 12,00		YOGA		YOGA		LATINO AMERICANO	
11,30 - 12,30	POWER PUMP		POWER PUMP		Les mills CXWORX+ BODYPUMP		
12,30 - 13,00	Les mills CXWORX		Les mills CXWORX			TABATA	
12,00 - 13,00		POWER PUMP		POWER PUMP			
13,00 - 14,00	Les mills BODYATTACK	PILATES ADVANCED	Les mills BODYPUMP	Les mills CX WORX +ATTACK	PILATES ADVANCED	Les mills BODYPUMP	
15,00 - 16,00	CREATIVA		CIRCUITO		CREATIVA	Les mills BODYATTACK+CXWORX	
16,30 - 17,30		ZUMBA			YOGA		
17,00 - 18,00				Les mills BODYPUMP			
17,30 - 18,30	IMPACT PILATES	POSTURAL DYNAMIC	IMPACT PILATES				
17,45 - 18,45					STRETCHING & PILATES		
18,00-19,00				POSTURAL DYNAMIC			
18,30 - 19,00	Les mills BODYATTACK						
18,30 - 19,30		Les mills BODYPUMP	ZUMBA 18,30/19,15				
19,00 - 20,00	BODY & MIND		Les mills BODYPUMP 45'	Les mills BODYATTACK	Les mills CX+BODY ATTACK	ORARIO PALESTRA : DAL LUN AL VEN 7,00 - 22,00 SAB 9,00-17,30 - DOM 9-12,30	
19,30-20,00		Les mills CXWORX					
20,00 - 21,00	Les mills BODYPUMP	Les mills BODY ATTACK	LATINO AMERICANO	Les mills CXWORX + BODY PUMP	Les mills BODYPUMP		
21,00 - 22,00	LATINO AMERICANO						

VIA ARCHIMEDE 109r - TEL. 010 508938

SALA CROSS TRAINING

19,00 - 20,00	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING		
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