

ORARI CORSI

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
Ora	SALA FEEL					
12:00						Yoga
13:30	Functional Training		Functional Training			
18:20	Fit Moving	Cross Training	Metabolic Training	Total Body Workout	Cross Training	
19:20	Total Body Workout		Fitness & Dance	Mortal Gluteo & Abdominal Killer	Pilates	
Ora	SALA GOOD					
18:00		Postural		Postural		
18:50				Potenziamento in equilibrio posturale		
19:00		Calisthenics			Calisthenics	
19:30			Pilates			
20:00				Yoga		