

Corsi fitness



Stagione 2021-2022



Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
	Yoga 08:45 - 10:00			Yoga 09:15 - 10:30	
Postural 10:30 - 11:30	Yoga 10:15 - 11:30			Yoga 10:45 - 12:00	Zumba Fitness 10:30 - 11:30
Iron Pump 12:20 - 13:20	Kettlebell Training 12:20 - 13:20	Group-Cycling 12:20 - 13:20	Cross-Training 12:20 - 13:20	Yoga 12:20 - 13:20	
Cross-Training 17:00 - 18:00	Iron Core 17:15 - 17:45	Short Pump 17:15 - 17:45		Group-Cycling 17:15 - 18:15	
Group-Cycling 18:15 - 19:15	Iron Pump 18:00 - 19:00	Iron Core 18:00 - 18:30	Cross-Training 18:00 - 19:00	Iron Pump 18:30 - 19:30	
Group-Cycling 19:30 - 20:30	Zumba Fitness 19:30 - 20:30	Group-Cycling 19:00 - 20:00	Iron Combat 19:30 - 20:30		

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