

# FITNESS

\*Prenotazione obbligatoria dei corsi di WALK -TRX -UP WARD

	LUNEDI'			MARTEDI'			MERCOLEDI'			GIOVEDI'			VENERDI'			SABATO			
	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	
07:30				FAST& FURIO Marco G 30'									FAST& FURIO Marco G 30'						07:30
08:00			GYM DOLCE Tiffany			POSTURAL Marco G									POSTURAL PILATES Marco G				08:00
09:00			TONE Tiffany		YOGA Francesca	TOTAL BODY Marco G			TONE Tiffany			PILATES Tiffany			POSTURAL Marco G				09:00
09:30																		TOTAL BODY Tiffany 90'	09:30
10:00			TOTAL BODY Tiffany			TONE Davide			GYM DOLCE Tiffany			STEP&TONE Tiffany			GYM DOLCE Betty				10:00
10:30																	PILATES Betty		10:30
11:00			PILATES Tiffany			POSTURAL Davide			PILATES Tiffany	FIT JOGGING Tiffany				TONE UP Betty				POSTURAL PILATES Tiffany 90'	11:00
11:30																	YOGA Betty 90'		11:30
12:00																			12:00
13:00			PUMP Tiffany			FAT BURNING Francesca			TOTAL BODY Tiffany			PILATES Tiffany		*TRX Yojan					13:00
17:00	FUSION Marco G				MOBILITY Giulia			*TRX Giulia		CIRCUIT TRAINING Davide				BARRE Denise					17:00
18:00	ABD POWER Marco M	FLEXABILITY Giulia	GAGA GOGO Marco G	PILATES Tiziana	*TRX Marco M	TOTAL FLUIBALL Giulia		PILATES Swami	TABATA Giulia	GAG Giulia	*TRX Marco M	POSTURAL Marco G		PILATES Denise	TOTAL BODY Betty				18:00
19:00	ARM WORKOUT Giulia	YOGA DINAMICO Marco G	WIP Marco M 120'		CORE Marco M	GAG Tiziana		YOGA Swami	FREE BODY Giulia	*WALK Marco G.	FLEXABILITY Giulia	WIP Marco M 120'	CIRCUIT TRAINING Betty		ZUMBA Denise				19:00
20:00						FITBOXE Marco M		*UP WARD Giulia 30'											20:00

## GYM FLOOR

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	07:30 - 21:00	09:00 - 17:00	09:00 - 13:00