



LUN	MAR	MER	GIO	VEN	SAB
Total Body 8:30–9:20	Tone Up 8:30–9:20	Tabata Interval Training 8:30–9:20	Tone Up 8:30–9:20	Total Body 8:30–9:20	
Posturale 9:30–10:30	Tone and Stretch 9:30–10:20	Posturale 9:30–10:30	Tone and Stretch 9:30–10:20	Posturale 9:30–10:30	Pilates 9:30–10:20
Posturale 10:30–11:30	Pilates 10:30–11:30	Posturale 10:30–11:30	Pilates 10:30–11:30	Energetic Bym 10:30–12:00	GAG 10:30–11:20
Total Body 14:00–14:50	Energetic Bym 11:30–12:30	Total Body 14:00–14:50		TRX 14:30–15:30	
Circuit Training 17:00–17:50	Posturale 17:00–18:00	Circuit Training 17:00–17:50	Posturale 17:00–18:00	Circuit Training 17:00–17:50	
Pilates 18:00–19:00	GAG 18:00–18:50	Pilates 18:00–19:00	GAG 18:00–18:50	Pilates 18:00–19:00	
Latin Zumba 19:00–20:00	Brucia Grassi 19:00–19:50	Latin Zumba 19:00–20:00	Brucia Grassi 19:00–19:50	Funzionale 19:00–20:00	
Spartan BPM 20:00–21:00	Fit Kombat 20:00–21:00		Fit Kombat 20:00–21:00	Spartan BPM 20:00–21:00	

ISCRIZIONE
€ 30,00

RETTA MENSILE
€ 55,00

CAUZIONE BADGE
€ 5,00

Certificato medico sportivo non agonistico richiesto per l'iscrizione, in originale.



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Lun–Ven 07:00–22:00 · Sab 09:00–18:00 · Dom 09:00–13:00

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