

ORARI ATTIVITÀ AEROBICHE

lunedì

09:30 PILATES
10:30 T.B.W
10:30 BODY RESET
14:15 SPINNING
15:00 PILATES
17:00 PILATES
18:00 STEP FUN.
18:00 B.R. YOUNG
19:00 BODY RESET
19:00 L. PUMP
19:00 SPINNING
19:30 FUNCTIONAL
20:00 T.B.W.
20:00 PILATES

martedì

10:30 SPINNING
14:00 L. PUMP
18:00 CIRCUIT
18:30 ADDOME S.
19:00 PILATES
19:00 SPINNING
20:00 L. PUMP.

mercoledì

09:30 PILATES
10:30 TABATA
10:30 BODY RESET
14:15 SPINNING
15:00 PILATES
17:00 PILATES
18:00 TABATA
18:00 B.R. YOUNG
19:00 BODY RESET
19:00 L. PUMP
19:00 SPINNING
19:30 FUNCTIONAL
20:00 T.B.W.
20:00 PILATES

giovedì

10:30 SPINNING
14:00 L. PUMP
18:00 CIRCUIT
18:30 ADDOME S.
19:00 PILATES
19:00 SPINNING
20:00 L. PUMP.

venerdì

09:30 PILATES
10:30 T.B.W
10:30 BODY RESET
14:15 SPINNING
17:00 PILATES
18:00 T.B.W.
19:00 L. PUMP
19:00 SPINNING
19:30 FUNCTIONAL
20:00 T.B.W.