



ORARIO FITNESS DAL 05/10/2020

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
8.30	PREBOXE (SALA 4)	SCULPT (SALA 4)		SCULPT (SALA 4)	PREBOXE (SALA 4)
9.30	BODY CONDITIONING (SALA 4)	POSTURALE (SALA 3)	BRUCIA GRASSI (SALA 4)	POSTURALE (SALA 3)	GAG (SALA 4)
			POSTURALE (SALA 3)		
10.30	FUNCTIONAL TRAINING (SALA 4)	HIIT (SALA 4)		HIIT (SALA 4)	FUNCTIONAL TRAINING (SALA 4)
11.30		PILATES (SALA 3)		PILATES (SALA 3)	
17.00			POSTURALE (SALA 4)		
18.00	FUNCTIONAL STRENGTH TRAINING (SALA 4)	FUNCTIONAL TRAINING (SALA 4)	FUNCTIONAL CIRCUIT TRAINING (SALA 4)	FUNCTIONAL TRAINING (SALA 4)	POSTURALE (SALA 4)
18.30		PILATES (SALA 3)		PILATES (SALA 3)	TOTAL BODY (SALA 2)
19.00	FOCUS GLUTEI (SALA 4)	PREBOXE (SALA 4)	FOCUS ADDOME (SALA 4)	PREBOXE (SALA 4)	
19.30					POWER FUNCTIONAL TRAINING (SALA 4)
19.30	SPINNING (SALA 2)	PUMP (SALA 2)	SPINNING (SALA 2)	PUMP (SALA 2)	SPINNING (SALA 2)
	LEGENDA	FITNESS&CARDIO	FUNCTIONAL&ATHLETIC	BODY&MIND	 LEZ. PALESTRA + ONLINE  LEZIONI IN PALESTRA

* Gli orari possono essere soggetti a variazioni

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