

LUNEDI'**OPEN**

09:30 INTERVAL TRAINING
 11:00 STRETCHING - 30'
 15:30 CORPO LIBERO
 16:30 TOTAL BODY
 17:30 G.A.G.
 18:00 POWER YOGA - 45'
 18:30 TOTAL BODY
 18:45 PILATES MAT - 45'
 19:30 ADDOMINALI - 30'
 20:00 G.A.G.

SCUOLE

19:30 BALLI CARAIBICI
 20:15 BALLI CARAIBICI BASE

PACCHETTI

09:00 PILATES PANCHE
 18:00 SPINNING
 19:30 SPINNING

MARTEDI'**OPEN**

09:30 POWER YOGA - 45'
 11:00 ADDOMINALI - 30'
 16:00 INTERVAL TRAINING
 17:00 POWER YOGA - 45'
 18:00 TOTAL BODY
 19:00 ADDOMINALI - 30'
 19:30 FLEX ZONE - 45'

SCUOLE

15:30 YOGA
 16:30 DANZA BIMBI - 90'
 18:30 DANZA ADULTI
 20:00 WINGTSUNG - 90'

PACCHETTI

18:00 PILATES PANCHE
 19:00 PILATES PANCHE

MERCOLEDI'**OPEN**

09:30 INTERVAL TRAINING
 11:00 BODY SCULPT - 30'
 15:30 CORPO LIBERO
 16:30 BODY STEP
 17:30 G.A.G.
 18:00 PILATES MAT - 45'
 18:30 TOTAL BODY
 18:45 POWER YOGA - 45'
 19:30 ADDOMINALI - 30'
 20:00 G.A.G.

SCUOLE

09:30 YOGA
 16:30 TKD BIMBI - 90'
 19:30 BALLI CARAIBICI
 20:15 BALLI CARAIBICI BASE

PACCHETTI

09:00 PILATES PANCHE
 18:00 SPINNING
 19:30 SPINNING

GIOVEDI'**OPEN**

09:30 POWER YOGA
 11:00 GINN. & STRETCH - 30'
 16:00 INTERVAL TRAINING
 17:00 POWER YOGA - 45'
 18:00 TOTAL BODY
 19:00 ADDOMINALI - 30'
 19:30 FLEX ZONE - 45'

SCUOLE

15:30 YOGA
 16:30 DANZA BIMBI - 90'
 18:30 DANZA ADULTI
 20:00 WINGTSUNG - 90'

PACCHETTI

18:00 PILATES PANCHE
 19:00 PILATES PANCHE

VENERDI'**OPEN**

09:30 TOTAL BODY
 11:00 TOTAL WORKOUT - 30'
 15:30 CORPO LIBERO
 16:30 INTERVAL TRAINING
 17:30 BODY SCULPT
 18:00 POWER YOGA - 45'
 18:30 BODY SCULPT
 18:45 PILATES MAT - 45'
 19:30 ADDOMINALI - 30'
 20:00 BODY SCULPT

SCUOLE

09:30 YOGA
 16:30 TKD BIMBI - 90'
 19:30 BALLI CARAIBICI
 20:15 BALLI CARAIBICI BASE

PACCHETTI

09:00 PILATES PANCHE
 18:00 SPINNING
 19:30 SPINNING

SABATO**OPEN**

09:00 PILATES MAT - 45'
 11:00 ADDOMINALI - 30'

PACCHETTI

10:00 PILATES PANCHE

DOMENICA

SALA PESI



Il palinsesto potrà essere
 soggetto a variazioni che
 verranno affisse in bacheca.

PALINSESTO dal 18/09/2006

Lunedì - Venerdì: 08:30 - 22:00
 Sabato e Domenica : 09:00 - 14:00