

CORSI PREMIUM DAL 14/09/2026

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:00 – 11:00 PERSONAL GYM Garden		07:00 – 11:00 PERSONAL GYM Garden		07:00 – 11:00 PERSONAL GYM Garden	
07:15 HYROX Garden			07:15 HYROX Garden		
	08:00 – 10:00 PILATES REFORMER Steven		09:00 – 11:00 PILATES REFORMER Steven		
10:00 – 12:00 PILATES REFORMER Steven					
13:00 – 14:00 PILATES REFORMER Steven	13:00 HYROX Garden	13:00 HYROX Garden 13:00 – 14:00 PILATES REFORMER		13:00 – 14:00 PILATES REFORMER Steven	
14:30 – 16:00 PERSONAL GYM Garden	14:30 – 16:00 PERSONAL GYM Garden		14:30 – 16:00 PERSONAL GYM Garden		
18:00 – 20:00 PILATES REFORMER Steven	18:00 – 20:00 PILATES REFORMER Steven	18:00 – 19:00 PILATES REFORMER Steven	18:00 – 20:00 PILATES REFORMER Steven	18:00 – 19:00 PILATES REFORMER Steven	
18:45 HYROX Garden		20:00 HYROX Garden	19:00 HYROX Garden		