

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN
05:30-08:45 PERSONAL GYM Sala Olos	8:30 GINNASTICA DINAMICA			05:30-08:45 PERSONAL GYM Sala Olos	8:30 GINNASTICA DINAMICA			05:30-08:45 PERSONAL GYM Sala Olos	8:30 GINNASTICA DINAMICA		
	9:30-10:30 30' CUORE 30' TONO	09:00 GINNASTICA DOLCE	09:00 PUSH	09:00 PILOGA	9:30-10:30 30' CUORE 30' TONO	09:00 GINNASTICA DOLCE	09:00 PILOGA	09:00 YOGA	9:30-10:30 30' CUORE 30' TONO	09:00 POWER DEFINITION	
10:00 TOTAL BODY		10:00 TONIFICAZIONE	10:00 PILATES			10:00 TONIFICAZIONE	10:0-11:00 30' CUORE 30' TONO	10:00 PILATES			10:00 PILATES
10:00 SPIN											
13:00 SPIN		13 TONIFICAZIONE		13:00 GROUP CYCLING				13:00 YOGA			
13 FUNZIONALE	13:00-14:30 30' CUORE 30' LADY FITNESS 30' MENTE		13 PILATES	13:00 PILATES	13:00-14:30 30' CUORE 30' LADY FITNESS 30' MENTE	13 TONIFICAZIONE	13 PILATES	13:00 SPIN	13:00-14:30 30' CUORE 30' LADY FITNESS 30' MENTE		
15:30-17:30 PERSONAL GYM Sala Olos		16:30-19:30 PERSONAL GYM Sala Olos				16:30-19:30 PERSONAL GYM Sala Olos					
			17:00 YOGA				17:00 YOGA		17:00 PILATES		
	17:00 PILATES		18:15 TOTAL BODY					18:00 GROUP CYCLING	18:30-19:00 ADDOMINALI STRONG Sala Fitness		17:00-18:30 30' CUORE 30' LADY FITNESS 30' HARD FITNESS
	18:15 KETTBELL			18:30 GROUP CYCLING	18:15 TONIFICAZIONE		18:15 30' LADY FITNESS 30' CARDIO				
18:30 PIL/YOGA FUSION	18:30-19:00 ADDOMINALI STRONG Sala Fitness	18:20 30' CUORE 30' LADY FITNESS		18:30 PUSH	18:30-19:00 ADDOMINALI STRONG Sala Fitness	18:20 30' CUORE 30' LADY FITNESS		18:30 TONIFICAZIONE	19:15-20:15 30' CUORE 30' HARD FITNESS		
18:30 GROUP CYCLING											
19:30 CIRCUITO 30' TABATA 30' HITT	19:15-20:15 30' CUORE 30' HARD FITNESS	19:20 PILATES	19:15 30' LADY FITNESS 30' CARDIO	19:30 CIRCUITO 30' CYCLEX 30' TABATA	19:15-20:15 30' CUORE 30' HARD FITNESS	19:20 PILATES	19:15 PUSH	19:30 STEP			
19:30 STEP				19:30 STEP							

Corsi per abbonamento Lady Fitness: bioimpedenziometria, ecografia tissutale, valutazione cosmetologica, diario alimentare e protocollo motorio.
Provalo un mese a 49€!