

PLANNING CORSI STAGIONE 2022/2023



	lunedì	martedì	mercoledì	giovedì	venerdì	sabato	domenica
09:30	BODY ACTIVE	PILATES	BODYTONE	WALK UP	YOGA	A ROTAZIONE	
10:30	YOGA	FIT&BOXE	FLEXABILITY	PILATES		A ROTAZIONE	
12:45	INDOOR CYCLING	BODYTONE	FIT&BOXE	POWER CIRCUIT			
15:00	GINN. POSTURALE		GINN. POSTURALE				
17:30							
18:00	TRX		HIIT		WALK UP		
18:15		STEP		FIT&BOXE	WALK UP		
18:30							
18:45		GAG		INDOOR CYCLING	INDOOR CYCLING		
		INDOOR CYCLING		SUPER JUMP			
19:00		PUMP		TOTAL BODY	FUNCT. TRAINING		
19:30	FIT&BOXE		FUNCT. TRAINING				
19:45	INDOOR CYCLING	WALK UP	INDOOR CYCLING				
20:00			YOGA				
20:15	YOGA						