



ORARIO LEZIONI

ORARI PALESTRA	ASSISTENZA SALA PESI
LUN - VEN: 7.00 - 23.00	LUN - VEN: 7.00 - 16.00 / 17.00 - 21.30
SAB - DOM: 8.00 - 21.00	SAB/DOM 10.30 - 15:00

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ SABATO DOMENICA

SALA 3 GREEN SALA 3 GREEN SALA 3 GREEN SALA 3 GREEN SALA 3 GREEN SALA 3 GREEN SALA 3 GREEN

	STRONG TONE LAURA 08.45-09.45	PILATES EHY 08.00-09.00		PILATES EHY 08.30-09.30	STRONG TONE LAURA 08.45-09.45	PILATES EHY 08.00-09.00		STRONG TONE LAURA 08.45-09.45						
VINYASA OPEN LEVEL PRISCILLA 09.15-10.15		POSTURALE SILVIA 09.00-10.00	FUNZIONALE DANIELE 09.00-10.00			POSTURALE SILVIA 09.00-10.00	FUNZIONALE DANIELE 09.00-10.00			POWER PILATES FEDERICA 09.30-10.30				
	TONIFICAZIONE DANIELA 10.00-11.00	PILATES DANIELA 10.00-11.00			TONIFICAZIONE DANIELA 10.00-11.00	PILATES DANIELA 10.00-11.00			TONIFICAZIONE DANIELA 10.00-11.00	VINYASA OPEN LEVEL PRISCILLA 10.30-11.30	PRE BOXE ANTONELLO 10.30-11.30			SUNDAY WORKOUT 10.30-11.30
	BODY SCULPT BARBARA 11.00-12.00			STRETCHING BARBARA 11.00-12.00					BODY SCULPT BARBARA 11.00-12.00		BOXE ANTONELLO 11.30-12.30		PILATES LAURA AGNELLI 11.30-12.30	
FUNCTIONAL PILATES DANIELA 12.30-13.30		YOGA ATLETI PRISCILLA 12.30-13.30	CROSS TRAINING SIMONE PELLIGRA 12.30-13.30	FUNCTIONAL PILATES DANIELA 12.30-13.30		CROSS TRAINING SIMONE PELLIGRA 12.30-13.30	FUNZIONALE DANIELE 12.30-13.30	FUNCTIONAL PILATES DANIELA 12.30-13.30		VINYASA OPEN LEVEL PRISCILLA 13.30-14.30	RICCARDO WORKOUT 13.30-14.30	CROSS TRAINING SIMONE PELLIGRA 12.00-13.00		
	RICCARDO WORKOUT 13.30-14.30		FUNZIONALE DANIELE 13.30-14.30	VINYASA OPEN LEVEL PRISCILLA 13.30-14.30	SIMONE WORKOUT 13.30-14.30	FUNZIONALE DANIELE 13.30-14.30		VINYASA OPEN LEVEL PRISCILLA 13.30-14.30	RICCARDO WORKOUT 13.30-14.30		STRETCHING BARBARA 13.00-14.00			
		POSTURAL PILATES FEDERICA 17.00-18.00		PILATES LAURA AGNELLI 17.30-18.30		POSTURAL PILATES FEDERICA 17.00-18.00		PILATES LAURA AGNELLI 17.30-18.30	VINYASA BEGINNERS CLOTILDE 17.30-18.30					
PILATES LAURA AGNELLI 17.30-18.30			TOTAL BODY PUMP FEDERICA 18.00-19.00		VINYASA BEGINNERS CLOTILDE 18.30-19.30		BODY SCULPT MIMMO 18.30-19.30	TOTAL BODY PUMP FEDERICA 18.00-19.00		FACE YOGA MARILIA 18.30-19.30	BODY SCULPT MIMMO 18.30-19.30			
VINYASA BEGINNERS CLOTILDE 18.30-19.30	BODY SCULPT MAURIZIO 19.00-20.00	JIVAMUKTY YOGA VALENTINA 19.00-20.00	MILITARY GAG LAURA E STEFANO 19.00-20.00	VINYASA BEGINNERS CLOTILDE 18.30-19.30		JIVAMUKTY YOGA VALENTINA 19.00-20.00	MILITARY GAG LAURA E STEFANO 19.00-20.00							
FACE YOGA MARILIA 19.30-20.30				DIFESA PERSONALE LUCA E FABRIZIO 19.30-21.00										



DIFFICULTY ■ Soft ■ Medium ■ Hard

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