

LUN

MAR

MER

GIO

VEN

SAB

19>10
CORPO
LIBERO9>10
PILATES
FUSION9>10
GINNASTICA
VERTEBRALE9>10
PILATES
FUSION9>10
CORPO
LIBERO13>14
FUNCTIONAL
TRAINING*10.15>11.15
GINNASTICA
POSTURALE18.30>19
GLUTEI13>14
FUNCTIONAL
TRAINING*13>14
PUMP13>13.15
ADDOMINALI14>14.30
STRETCHING
DINAMICO13>13.15
ADDOMINALI19>20
CARDIO TONE15>16
TOTAL BODY16.45>18.15
RUGBY-TOTS[€]13.15>14
CARDIO TONE16.30>17.45
RUGBY-TOTS[€]13.15>14
MUSCLE
DEFINITION20>20.15
ADDOMINALI16>17
GINNASTICA
POSTURALE18.30>19
ADDOMINALI14>14.15
GLUTEI14>14.15
GLUTEI20.15>20.30
STRETCHING19>20
MUSCLE
DEFINITION15>16
TOTAL BODY15>16
CORPO LIBERO20.30>22
KARATE
ADULTI[€]17.30>18.30
ZUMBA20>20.15
GLUTEI17>18
ZUMBA18.30>19.30
INTERVAL
TRAINING18.30>19.15
FIT-BOXE20.15>20.30
STRETCHING18>18.30
G.A.G.19.30>20
GAMBE
E GLUTEI19.15>20.15
PUMP18.30>19.30
PUMP20>20.15
ADDOMINALI20.15>20.30
ADDOMINALI19.30>21.30
TKD[€]20.15>20.30
STRETCHING20.30>22
TKD ADULTI[€]20.30>22
TKD ADULTI[€]#
215>18
GINNASTICA
CORRETTIVA[€]15>20
FISIOTERAPIA[€]10.15>11
PANCAFIT*15>20
FISIOTERAPIA[€]10.15>11
PANCAFIT*10>15
FISIOTERAPIA[€]20.15>21.45
WING-TSUN[€]15>18
GINNASTICA
CORRETTIVA[€]20.15>21.45
WING-TSUN[€]#
313>14
SPINNING*18.30>19.30
STRIDING*17>18
SPINNING*10>11
TOTAL BODY9>10
STRIDING*11>12
SPINNING*17>18
SPINNING*19.30>21
KICK-BOXING[€]18>19
PILATES
FUSION*18.30>19.30
STRIDING*19>20
SPINNING*18>19
PILATES
FUSION*19.15>20.15
SPINNING*19.30>21
KICK-BOXING[€]20.30>22
KARATE[€]19.15>20.15
SPINNING*#
P
I
S
C
I
N
A10.15>11
ACQUAGYM*13>14
ACQUAGYM*10.15>11
ACQUAGYM*17.30>18.30
ACQUAGYM*10.15>11.15
ACQUAGYM*16.15>17.15
ACQUAGYM*17>18
ACQUAGYM*

* SU PRENOTAZIONE - € A PAGAMENTO