

#MUGNANO

LUN

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GIO

VEN

SAB

2

7>8
MUSCLE
DEFINITION

9>10
CORPO LIBERO

13.15>14.15
FUNCTIONAL
ADVANCED

18>19
ZUMBA®

19.15>20.15
FUNCTIONAL
ADVANCED

18.15>19
CARDIO TONE®

19.15>20
PUMP

7>8
MUSCLE
DEFINITION

9-10
PILATES

19.15>20.15
FUNCTIONAL®
STARTER

18.15>19
CIRCUIT
TRAINING

19.15>20
TABATA®

18>19
STRONG
NATION®

DOM

10.30>11.30
FUNCTIONAL
ADVANCED

4

13.30>14.30
INDOOR
CYCLING*

19>20
INDOOR
CYCLING*

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18.30>19.30
INDOOR
CYCLING*

* SU PRENOTAZIONE

#TASSIGNANO

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SAB

1

9.30>10.30
PILATES®

13.15>14.15
MUSCLE
DEFINITION

18.15>19
PUMP

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CARDIO
TONE®

18.15>19
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19.15>20.15
MUSCLE
DEFINITION

9.30>10.30
CORPO LIBERO®

13.15>14.15
TOTAL BODY

15>16
TOTAL BODY

18.15>19
MUSCLE
DEFINITION

19.15>20
TABATA

18.15>19
ZUMBA®

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STRONG
NATION

9.30>10.30
PILATES®

13>14
CARDIO STEP

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CALISTHENICS

19>20
CALISTHENICS

19>20
CALISTHENICS

3

18.15>19.15
PILATES

18.15>19.15
PILATES®