

Orari Palestra dal 19 settembre 2022

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI		SABATO	DOMENICA
SALA ROSSA	SALA BLU	SALA ROSSA	SALA BLU	SALA ROSSA	SALA BLU	SALA ROSSA	SALA BLU	SALA ROSSA	SALA BLU		
	GAG 9:00 - 9:50 <i>Mariagiulia</i>	Ginnastica Dolce 9:00 - 9:50 <i>Elena</i>			Pilates 9:00 - 9:50 <i>Bianca</i>	Ginnastica Dolce 9:00 - 9:50 <i>Elena</i>	Odaka Yoga 7:00 - 7:50 <i>Francesca</i>	Bruciagrassi 9:00 - 9:50 <i>Federica F.</i>	Pilates 9:15 - 10:05 <i>Sofia</i>	Fitness 10:00 - 10:50 <i>A rotazione</i>	Fitness 10:00 - 10:50 <i>A rotazione</i>
Pilates 9:15 - 10:05 <i>Micol</i>		Postura&Mov. 10:00 - 10:50 <i>Elena</i>	Yoga Dolce 10:15 - 11:05 <i>Silvia</i>		Full Body 10:00 - 10:50 <i>Bianca</i>	Postura&Mov. 10:00 - 10:50 <i>Elena</i>					
	Pilates Soft 10:30 - 11:20 <i>Micol</i>		Pilates 11:15 - 12:05 <i>Silvia</i>								
Step & Tone 13:00 - 13:50 <i>Elena</i>	Pilates 13:15 - 14:05 <i>Silvia</i>	Tabata 13:00 - 13:50 <i>Eleonora</i>	Odaka Yoga 13:15 - 14:05 <i>Francesca</i>	Step & Tone 13:00 - 13:50 <i>Elena</i>	Pilates 13:15 - 14:05 <i>Silvia</i>	Interval Training 13:00 - 13:50 <i>Federica R</i>	Pilates 13:15 - 14:05 <i>Silvia</i>	Full Body 13:00 - 13:50 <i>Bianca</i>	Odaka Yoga 13:15 - 14:05 <i>Francesca</i>		
			Pilates 15:00 - 15:50 <i>Micol</i>	Ginnastica Dolce 15:00 - 15:50 <i>Elena</i>			Pilates 15:00 - 15:50 <i>Silvia</i>		Ginnastica Dolce 15:00 - 15:50 <i>Elena</i>		
		Stretch e tone 16:00 - 16:50 <i>Elena</i>									
Circ. Tonificaz. 17:00 - 17:50 <i>Federica</i>	Pilates 17:15 - 18:05 <i>Silvia</i>	Cardiostep 17:00 - 17:50 <i>Federica F.</i>	Yiin Yoga 17:15 - 18:05 <i>Ylenia</i>	Total Body 17:00 - 17:50 <i>Mery</i>	Pilates 17:15 - 18:05 <i>Micol</i>	Total Body 17:00 - 17:50 <i>Federica F</i>		Functional Train. 17:00 - 17:50 <i>Sarah C</i>	Yoga Anusara 17:15 - 18:05 <i>Federica M</i>		
Bruciagrassi 18:00 - 18:50 <i>Federica F.</i>	Step & Tone 18:15 - 19:05 <i>Claudia</i>	Full Body 18:00 - 18:50 <i>Federica R.</i>	Vinaya Yoga 18:15 - 19:05 <i>Ylenia</i>	Upper Body 18:00 - 18:50 <i>Sarah G</i>	Odaka Yoga 18:15 - 19:05 <i>Francesca</i>	Bruciagrassi 18:00 - 18:50 <i>Federica F</i>	GAG 18:15 - 19:05	Ginn. Schiena 18:00 - 18:50 <i>Sarah C</i>	Pilates 18:15 - 19:05 <i>Silvia</i>		
Total Body 19:00-19:50 <i>Eleonora</i>	Pilates 19:15 - 20:05 <i>Claudia</i>	Fit Box 19:00-19:50 <i>Robby</i>	Bruciagrassi 19:15 - 20:05 <i>Barbara</i>	Power Fit ADV 19:00-19:50 <i>Sarah C</i>	Ginn. Schiena 19.15 - 20.05 <i>Sarah G</i>	Fit Box 19:00-19:50 <i>Robby</i>	Total Body 19.15 - 20.05 <i>Sarah C</i>	EMOM 19:00-19:50 <i>Eleonora</i>	Pilates 19.15 - 20.05 <i>Silvia</i>		
Fit Box 20:00 - 20:50 <i>Robby</i>	Pilates 20:15 - 21:05 <i>Claudia</i>	Fit Box 20:00 - 20:50 <i>Robby</i>	Pilates 20:15 - 21:05 <i>Micol</i>	Bruciagrassi 20:00 - 20:50 <i>Sarah C</i>	Pilates 20:15 - 21:05 <i>Elena</i>	Fit Box 20:00 - 20:50 <i>Robby</i>	Pilates 20:15 - 21:05 <i>Cristiana</i>				

Group Cycling

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
Group Cycling 13:00 - 13:50 <i>Annamaria</i>		Group Cycling 13:00 - 13:50 <i>Annamaria</i>			Group Cycling 11:30 - 12:20 <i>A Rotazione</i>	
Group Cycling 18:30 - 19:20 <i>Annamaria</i>	Group Cycling 18:30 - 19:20 <i>Tina</i>	Group Cycling 18:30 - 19:20 <i>Annamaria</i>	Group Cycling 18:30 - 19:20 <i>Tina</i>			
	Group Cycling 19:30 - 20:20 <i>Annamaria</i>		Group Cycling 19:30 - 20:20 <i>Tina</i>			