



SALA CORSI



LUNEDI'

MARTEDI'

MERCOLEDI'

GIOVEDI'

VENERDI'

13,00 - 13,45
WALKEXERCISE

13,00 - 13,45
WALKEXERCISE

19,00 - 19,55
STEP

19,00 - 19,55
ZERO

19,00 - 19,50
G.A.G.

20,00 - 20,30
ADDOMINALI

20,00 - 20,45
FITBOXE

20,00 - 20,50
FITBALL &
STRETCHING

20,00 - 20,45
WALKEXERCISE
(sala spinning)

20,30 - 21,15
WALKEXERCISE

20,30 - 22,00
HIP - HOP

20,00 - 21,30
HIP - HOP

SALA SPINNING

19,00 - 20,00
SPINNING

19,00 - 20,00
SPINNING

SALA ARTI MARZIALI

20,00 - 21,00
BOXE

20,30 - 22,00
MUAY
THAI

20,00 - 21,00
BOXE

20,30 - 22,00
MUAY
THAI

20,00 - 22,00
COMBAT
WING TSUN

21,00 - 22,00
COMBAT
WING TSUN

21,00 - 22,00
COMBAT
WING TSUN