ORARIO CORSI 2022/23

LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
SALA CORSI	SALA FUNCTIONAL	SALA CORSI	SALA FUNCTIONAL	SALA CORSI	SALA FUNCTIONAL	SALA CORSI	SALA FUNCTIONAL	SALA CORSI	SALA FUNCTIONAL
10.00-10.50				10.00-10.50				10.00-10.50	
TOTAL BODY				CIRCUIT				FIT & STRETCH	
	13.00-13.45				13.00-13.45				13.00-13.45
	FUNCTIONAL				FUNCTIONAL				FUNCTIONAL
	GROUP				GROUP				GROUP
		18.10-19.00				18.10-19.00			
18.20-19.10		TOTAL BODY		18.20-19.10		G.A.G.			
ZUMBA	18.30-19.15			STEP	18.30-19.15			18.30-19.00	
	FUNCTIONAL				FUNCTIONAL			UPPER BODY	
	GROUP	19.10-20.00			GROUP	19.10-20.00		19.00-19.30	
19.15-19.45		HIIT		19.20-20.10		FUN &TONE		G.A.G.	
ADDOME			19.45-20.30	SCULPT			19.45-20.30		
19.45-20.15			FUNCTIONAL				FUNCTIONAL		
GAMBE&GLUTEI			GROUP				GROUP		