

ORARIO CORSI 2026-2027

FITNESS - FUNCTIONAL TRAINING – PILATES

TUTTO COMPRESO

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		10.00-10.50			
MORNING		PILATES		MORNING		PILATES			
WORKOUT				WORKOUT					
	13.00-13.50				13.00-13.50				13.00-13.50
	FUNCTIONAL				FUNCTIONAL				FUNCTIONAL
	GROUP				GROUP				GROUP
17.30-18.20						17.30-18.20			
PILATES						PILATES			
								18.10-19.00	
18.30-19.20	18.30-19.20	18.30-19.20		18.30-19.20	18.30-19.20	18.20-19.10		CARDIO Fit	18.30-19.20
DANCE Fit	FUNCTIONAL	TOTAL		PILATES	FUNCTIONAL	STEP			FUNCTIONAL
	GROUP	BODY			GROUP			19.00-19.50	GROUP
19.30-20.00		19.30-20.20	19.30.20.20	19.30-20.20		19.20-20.10	19.30-20.20	PILATES	
A.B.S.		FLEX &	FUNCTIONAL	BODY PUMP		M.E.T.	FUNCTIONAL		
20.00-20.30		STRETCH	GROUP				GROUP		
G.A.G.									

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