

ORARIO CORSI ZONE 2018/2019

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7.00	IndoorCycling*	Kund.Yoga*	IndoorCycling*	Hatha Yoga Flow*	IndoorCycling*		
9.30	BodyPump* Ginn. Dolce*	Pilates*	BodyWeight* Ginn. Dolce*	Pilates*	Insany-T (F&C)*	Pilates* Hatha/ Kund.Yoga*	
10.00						Calisthenics	
10.30						Indoor Cycling*	IndoorCycling*
11.00						Calisthenics A GAG* Yogafly*	
12.00						BodyPump	
13.00	Calisthenics*		Calisthenics*				
13.10	BodyPump Posturale*	Insany-T	BodyAttack Pilates*	Step Funzionale	Functional Power Yoga*		
13.30	IndoorCycling*		IndoorCycling*		IndoorCycling*		
16.30	Calisth. Bimbi			Calisth. Bimbi			
16.45		Yoga Fly*		Yoga Fly*			
17.00		Pilates*	Pole Kids	Pilates*			
17.15			Areo Boxe				
17.45	GAG	Functional		Yoga Fly* Functional			
18.00	IndoorCycling* Calisthenics* Posturale		IndoorCycling* Posturale	Calisthenics*	IndoorCycling* Posturale		
18.30	Insany-T (F&C)	BodyPump	Pole Dance Base	BodyPump	Areo Boxe		
18.45		IndoorCycling*	Insany-T (P.T.)	IndoorCycling*			
19.00	IndoorCycling* Calisthenics* Pole Dance Base	Hatha Yoga Flow* Calisthenics*	IndoorCycling* Calisthenics*	Kundalini Yoga* Calisthenics*	IndoorCycling* Calisthenics*		
19.15	BodyAttack	Functional		Insany-T (P.T.)			
19.30			Insany-T (F&C) Hip Hop		BodyPump Hip Hop		
20.00	Calisthenics* Pole Dance Int Power Yoga*	IndoorCycling* Calisthenics A* Pilates*	Calisthenics*	IndoorCycling* Calisthenics A* Pilates*	Calisthenics*		
20.15		Yoga Nidra*		Pole Dance Int			
20.30			Break Dance		Break Dance		
21.00	Pole Dance Avan Kick Boxing		Kick Boxing				
21.15				Pole Dance Base			

*CORSI SU PRENOTAZIONE