

# ORARI CORSI ZONE

	LUN	MAR	MER	GIO	VEN	SAB	DOM
6.46	INDOOR CYCLING		INDOOR CYCLING		INDOOR CYCLING		
9.00						HATHA YOGA FLOW	
9.30	CXWORX	FUNZIONALE	PILATES	GAG FUNZIONALE	POWER YOGA	PILATES	
10.00	PILATES					INDOOR CYCLING CALISTHENICS	INDOOR CYCLING
10.30						YOGA FLY GAG	
11.00							SPECIAL SUNDAY
11.15						BODYPUMP	
13.10	GAG	FUNZIONALE	POWER PILATES BODYPUMP	BODYATTACK+ CXWORX	POWER YOGA FUNZIONALE		
13.30	INDOOR CYCLING CALISTHENICS		INDOOR CYCLING CALISTHENICS		CALISTHENICS		
14.15		YOGA FLY		YOGA FLY			
16.45	YOGA FLY						
17.00		POLE KIDS PILATES		PILATES	POLE KIDS		
17.15					CXWORX		
17.30				YOGA FLY	INDOOR CYCLING		
17.45	FUNZIONALE	CXWORX		FUNZIONALE			
18.00	INDOOR CYCLING CALISTHENICS POSTURALE	POLE DANCE PRINCIPIANTI	INDOOR CYCLING CALISTHENICS POSTURALE		POLE DANCE PRINCIPIANTI POSTURALE CALISTHENICS		
18.30	GAG	BODYPUMP INDOOR CYCLING CALISTHENICS		BODYPUMP INDOOR CYCLING CALISTHENICS	INDOOR CYCLING		
18.45			BODYATTACK				
19.00	INDOOR CYCLING CALISTHENICS	HATHA YOGA FLOW	INDOOR CYCLING POLE DANCE INTERMEDIO CALISTHENICS	KUNDALINI YOGA	POLE DANCE INTERMEDIO CALISTHENICS		
19.15	CXWORX				GAG		
19.30		CALISTHENICS FUNZIONALE	PILATES	CALISTHENICS FUNZIONALE			
19.45	PILATES	INDOOR CYCLING		INDOOR CYCLING			
20.00	CALISTHENICS		CALISTHENICS		CALISTHENICS		
20.30	KICK BOXING		KICK BOXING				