

ORARI CORSI ONLINE ZONE e ZONE City

	LUN	MAR	MER	GIO	VEN	SAB	DOM
9.00						YOGA	
9.30	FUNZIONALE		PILATES				
10.00						INDOOR CYCLING	
10.30						GAG	
13.00		BODYPUMP			FUNZIONALE		
13.30	INDOOR CYCLING		INDOOR CYCLING				
18.00	GAG			BODYPUMP	POSTURALE		
18.30	INDOOR CYCLING	INDOOR CYCLING	BODYATTACK + CXWORX INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING		