



# ORARIO DEI CORSI

	LUN	MAR	MER	GIO	VEN	SAB	DOM
6.45	INDOOR CYCLING		INDOOR CYCLING				
7.00		H.E.A.T.		H.E.A.T.			
9.00			H.E.A.T.		H.E.A.T.	H.E.A.T. HATHA YOGA FLOW PILATES	
9.30	CXWORX 45'	PILATES		PILATES	GAG	PILATES	
10.00							INDOOR CYCLING
10.30						INDOOR CYCLING YOGA FLY GAG	
11.00							SPECIAL SUNDAY
11.15						BODYPUMP + CXWORX	H.E.A.T.
13.10	H.E.A.T. POWER PILATES GAG	FUNZIONALE	BODYATTACK	OLIT BODYPUMP	YOGAFLY CXWORX		
13.30		H.E.A.T.	INDOOR CYCLING	H.E.A.T.	INDOOR CYCLING		
16.45		YOGAFLY	INDOOR CYCLING	YOGAFLY			
17.00		PILATES		PILATES	YOGAFLY		
17.15					CXWORX 45'		
17.30		H.E.A.T.		H.E.A.T.	H.E.A.T.		
17.45	POSTURALE FUNZIONALE	CXWORX 45'	POSTURALE FUNZIONALE	GAG	FUNCTIONAL TRX		
18.00	H.E.A.T. CALISTHENICS	YOGAFLY	H.E.A.T. CALISTHENICS	YOGAFLY	CALISTHENICS		
18.15					POSTURALE		
18.30	POSTURALE GAG	INDOOR CYCLING BODYPUMP CALISTHENICS	POSTURALE FITNESS MUSICALE	INDOOR CYCLING BODYPUMP CALISTHENICS	INDOOR CYCLING BODYATTACK		
19.00	H.E.A.T. CALISTHENICS		H.E.A.T. CALISTHENICS		CALISTHENICS		
19.15	FUNCTIONAL TRX	HATHA YOGA FLOW PILATES	BODY PUMP	KUNDALINI YOGA PILATES			
19.30					H.E.A.T.		
19.45		H.E.A.T. CALISTHENICS		INDOOR CYCLING CALISTHENICS			
20.00	INDOOR CYCLING		INDOOR CYCLING				
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"