



# 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.	HATHA YOGA FLOW	
09.15						H.E.A.T.	
9.30	CXWORX 45'	PILATES		PILATES		PILATES	
10.00							INDOOR CYCLING
10.30						INDOOR CYCLING YOGAFLY BODYPUMP+ CXWORX	
11.00							SPECIAL SUNDAY
11.15							H.E.A.T.
13.10	POWER PILATES GAG	FUNZIONALE	BODYATTACK	BODYPUMP	CXWORX		
13.30		H.E.A.T.	INDOOR CYCLING	H.E.A.T.	INDOOR CYCLING		
16.45		YOGAFLY		YOGAFLY			
17.00				PILATES			
17.15					CXWORX		
17.30		H.E.A.T.		H.E.A.T.	H.E.A.T.		
17.45	POSTURALE	CXWORX 45'	FUNZIONALE	BODYATTACK			
18.00	H.E.A.T. CALISTHENICS	YOGAFLY	H.E.A.T. CALISTHENICS	YOGAFLY	CALISTHENICS GAG		
18.15			POSTURALE		POSTURALE		
18.30	POSTURALE GAG	INDOOR CYCLING BODYPUMP CALISTHENICS	FITNESS MUSICALE	INDOOR CYCLING BODYPUMP CALISTHENICS	INDOOR CYCLING		
19.00	H.E.A.T. CALISTHENICS		H.E.A.T. CALISTHENICS		CALISTHENICS		
19.15	FUNZIONALE	HATHA YOGA FLOW	BODY PUMP	KUNDALINI YOGA			
19.30		PILATES		PILATES	H.E.A.T.		
19.45		H.E.A.T. CALISTHENICS		INDOOR CYCLING CALISTHENICS			
20.00	INDOOR CYCLING						
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"