



ORARIO DEI CORSI

	LUN	MAR	MER	GIO	VEN	SAB	DOM
6.45	INDOOR CYCLING		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	TOTAL BODY	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	GAG	FUNZIONALE	BODYATTACK	BODYPUMP	CXWORX		
13.30	INDOOR CYCLING	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 POSTURALE	STEP FUNZIONALE			
18.00	H.E.A.T. CALISTHENICS	YOGAFLY	H.E.A.T. CALISTHENICS	YOGAFLY	CALISTHENICS GAG		
18.15					POSTURALE		
18.30	POSTURALE GAG	INDOOR CYCLING BODYPUMP	FITNESS MUSICALE POSTURALE	INDOOR CYCLING BODYPUMP	INDOOR CYCLING		
19.00	H.E.A.T. CALISTHENICS		H.E.A.T. CALISTHENICS		CALISTHENICS		
19.15	FUNZIONALE	HATHA YOGA FLOW PILATES	BODY PUMP	KUNDALINI YOGA PILATES			
19.30		CALISTHENICS H.E.A.T.		CALISTHENICS	H.E.A.T.		
19.45							
20.00	INDOOR CYCLING						
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"