



ORARIO DEI CORSI

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

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"