



# ORARIO CORSI



|       | LUN                                     | MAR                            | MER                               | GIO                                 | VEN                               | SAB  | DOM               |
|-------|---|--------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|--|-------------------|
| 7.00  | POWER-VINYASA<br>YOGA<br>INDOOR CYCLING | H.E.A.T.                       | INDOOR CYCLING                    | H.E.A.T.                            |                                   |  |                   |
| 09.00 |   | PILATES                        | H.E.A.T.                          | PILATES                             | H.E.A.T.                          | PILATES<br>YOGA GENTILE+<br>MASSAGGIO<br>SONORO  |                   |
| 09.15 |   |                                |                                   |                                     |                                   | H.E.A.T.   |                   |
| 9.30  | TOTAL BODY                              |                                |                                   |                                     |                                   |  |                   |
| 10.00 |   |                                |                                   |                                     |                                   |  | INDOOR<br>CYCLING |
| 10.30 |   |                                |                                   |                                     |                                   | INDOOR CYCLING<br>YOGAFLY<br>BODYPUMP+<br>CXWORX |                   |
| 11.00 |   |                                |                                   |                                     |                                   |  | SPECIAL<br>SUNDAY |
| 11.15 |   |                                |                                   |                                     |                                   |  | H.E.A.T.          |
| 13.10 | H.E.A.T.<br>GAG                         | INDOOR CYCLING<br>FUNZIONALE   | BODYCOMBAT                        | POWER-<br>VINYASA YOGAA<br>BODYPUMP | LESMILLS CORE                     |  |                   |
| 13.30 |   |                                | H.E.A.T.                          |                                     | INDOOR<br>CYCLING                 |  |                   |
| 16.45 |   |                                | YOGAFLY                           |                                     | YOGAFLY                           |  |                   |
| 17.15 |   |                                | H.E.A.T.                          |                                     |                                   |  |                   |
| 17.30 |   | H.E.A.T.                       |                                   | H.E.A.T.                            | H.E.A.T.                          |  |                   |
| 17.45 | POSTURALE<br>GAG                        |                                | POSTURALE<br>BODYCOMBAT           |                                     | LESMILLS CORE<br>POSTURALE        |  |                   |
| 18.00 | H.E.A.T.<br>CALISTHENICS                | YOGAFLY<br>BODYATTACK+<br>CORE | CALISTHENICS                      | YOGAFLY<br>TOTAL BODY               | CALISTHENICS                      |  |                   |
| 18.15 |   |                                | H.E.A.T.                          |                                     |                                   |  |                   |
| 18.30 | POSTURALE<br>BODYCOMBAT                 | INDOOR CYCLING                 | POSTURALE<br>FUNZIONALE           | INDOOR<br>CYCLING                   | INDOOR<br>CYCLING<br>GAG          |  |                   |
| 18.45 |   | BODYPUMP                       |                                   | BODYPUMP                            |                                   |  |                   |
| 19.00 | H.E.A.T.<br>CALISTHENICS                |                                | CALISTHENICS                      |                                     | CALISTHENICS                      |  |                   |
| 19.15 |   | HATHA YOGA<br>FLOW             | INDOOR CYCLING                    | KUNDALINI<br>YOGA                   | POWER-<br>VINYASA YOGA<br>& NIDRA |  |                   |
| 19.30 | POWER-VINYASA<br>YOGA<br>FUNZIONALE     |                                | POWER-VINYASA<br>YOGA<br>BODYPUMP |                                     |                                   |  |                   |
| 19.45 |   | H.E.A.T.<br>PILATES            |                                   | H.E.A.T.<br>PILATES                 |                                   |  |                   |
| 20.00 | INDOOR CYCLING                          | CALISTHENICS                   |                                   | CALISTHENICS                        | INDOOR<br>CYCLING                 |  |                   |
| 20.15 | KICK BOXING                             |                                | KICK BOXING                       |                                     |                                   |  |                   |

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"