



ORARIO CORSI



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

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"