



ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
6.45			INDOOR CYCLING		INDOOR CYCLING		
7.00		H.E.A.T.		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 POWER-VINYASA YOGA	INDOOR CYCLING FUNZIONALE	BODYCOMBAT	POWER- VINYASA YOGA BODYPUMP	LESMILLS CORE		
13.30			H.E.A.T.		INDOOR CYCLING		
16.35					YOGAFLY PRINCIPIANTI		
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		GAG POSTURALE		
18.00	H.E.A.T. CALISTHENICS	YOGAFLY INTERMEDIO FUNZIONALE	CALISTHENICS	YOGAFLY INTERMEDIO PILATES	CALISTHENICS		
18.15			H.E.A.T.				
18.30	POSTURALE BODYCOMBAT	INDOOR CYCLING	POSTURALE FUNZIONALE	INDOOR CYCLING BODYPUMP	INDOOR CYCLING BODYCOMBAT		
18.45		BODYPUMP		BODYPUMP			
19.00	H.E.A.T. CALISTHENICS	CALISTHENICS	CALISTHENICS	CALISTHENICS	CALISTHENICS		
19.15	FUNZIONALE	HATHA YOGA FLOW	INDOOR CYCLING	KUNDALINI YOGA	POWER-VINYASA YOGA & NIDRA		
19.30	POWER-VINYASA YOGA		POWER-VINYASA YOGA BODYPUMP				
19.45		H.E.A.T. PILATES		H.E.A.T. PILATES			
20.00	INDOOR CYCLING				INDOOR CYCLING		
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"