



ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00	PRANA SCULPT	H.E.A.T.		H.E.A.T.			
9.00		PILATES IN SOSPENSIONE	H.E.A.T.	PILATES	H.E.A.T.		
9.15						VINYASA YOGA H.E.A.T.	
9.30						PILATES IN SOSPENSIONE	
10.00							INDOOR CYCLING
10.30						INDOOR CYCLING BODYPUMP + CORE	
11.15							H.E.A.T.
13.10	FUNZIONALE	PRANA SCULPT LES MILLS CORE	BODYCOMBAT	VINYASA YOGA BODYPUMP	GAG		
13.30	H.E.A.T.		H.E.A.T.		INDOOR CYCLING		
17:00			H.E.A.T.				
17.15	VINYASA YOGA		PILATES IN SOSPENSIONE	PRANA SCULPT	PILATES IN SOSPENSIONE		
17.30		H.E.A.T. PILATES		H.E.A.T.	H.E.A.T.		
17.45	POSTURALE						
18.00	H.E.A.T. BODYCOMBAT CALISTHENICS		H.E.A.T. POSTURALE CALISTHENICS	PILATES	ATTACK POSTURALE CALISTHENICS		
18.15		FUNZIONALE					
18.30	POSTURALE	INDOOR CYCLING YIN YOGA RICOSTITUENTE		INDOOR CYCLING YIN YOGA RICOSTITUENTE			
18.45	BODYPUMP		BODYPUMP	GAG	POSTURALE		
19.00	H.E.A.T.	GAG CALISTHENICS	INDOOR CYCLING	CALISTHENICS	INDOOR CYCLING BODYPUMP		
19.30	PRANA SCULPT		VINYASA YOGA LES MILLS CORE	FUNZIONALE	YIN YOGA RICOSTITUENTE		
19.45		H.E.A.T. PILATES IN SOSPENSIONE		H.E.A.T. PILATES			
20.00	INDOOR CYCLING						
20.15	KICK BOXING		KICK BOXING				

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "ZONEEXPERIENCE"