



# ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00	PRANA SCULPT	H.E.A.T.		H.E.A.T.	H.E.A.T.		
9.00	YOGA POSTURAL	PILATES	H.E.A.T.	PILATES	H.E.A.T.	H.E.A.T.	
9.15						VINYASA YOGA	
9.30						PILATES IN SOSPENSIONE	
10.00						H.E.A.T.	INDOOR CYCLING
10.30						BODYPUMP + CORE	SPECIAL SUNDAY
11.00						INDOOR CYCLING	
11.15							H.E.A.T.
13.10	FUNZIONALE	YIN YOGA RICOSTITUENTE LES MILLS CORE	BODYCOMBAT	VINYASA YOGA GAG	BODYPUMP		
13.15	H.E.A.T.						
13.30			H.E.A.T.				
17:00			H.E.A.T.				
17.15	PRANA SCULPT		PILATES IN SOSPENSIONE	PRANA SCULPT	PILATES IN SOSPENSIONE		
17.30		H.E.A.T. PILATES YOGA AEREO		H.E.A.T. YOGA INTEGRALE			
17.45	POSTURALE						
18.00	H.E.A.T. BODYCOMBAT CALISTHENICS		H.E.A.T. POSTURALE CALISTHENICS	PILATES	H.E.A.T. POSTURALE CALISTHENICS		
18.15		FUNZIONALE					
18.30	POSTURALE	INDOOR CYCLING YIN YOGA RICOSTITUENTE		INDOOR CYCLING YIN YOGA RICOSTITUENTE			
18.45	BODYPUMP		BODYPUMP	GAG	POSTURALE FUNZIONALE		
19.00	H.E.A.T.	GAG CALISTHENICS	INDOOR CYCLING	CALISTHENICS	INDOOR CYCLING		
19.30	VINYASA YOGA	YOGA INTEGRALE	VINYASA YOGA	YOGA AEREO	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"