



# ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
7:00	PRANA SCULPT	H.E.A.T.		WELLBACK H.E.A.T.	H.E.A.T.		
8:00		WELLBACK					
8:30						WELLBACK	
9:00	LOW FUNCTIONAL	PILATES	H.E.A.T.	PILATES	H.E.A.T.		
9:15						VINYASA YOGA	
9:30						H.E.A.T. PILATES	
10:00							INDOOR CYCLING
10:15		WELLBACK		WELLBACK			
10:30						WELLBACK	
11:00						INDOOR CYCLING	
11:15							H.E.A.T.
12:15		WELLBACK		WELLBACK			
13:10	H.E.A.T. BODYPUMP	PILATES TOTALBODY	H.E.A.T. GAG	PILATES BODYSCULPT	FUNZIONALE		
14:30	WELLBACK		WELLBACK				
16:30		WELLBACK		WELLBACK			
17:00			H.E.A.T.				
17:15	PILATES		POSTURALE		PILATES		
17:25		H.E.A.T.					
17:30		PILATES		H.E.A.T. PILATES			
17:45					H.E.A.T.		
18:00	BODYPUMP H.E.A.T. POSTURALE CALISTHENICS		COMBAT/ATTACK H.E.A.T. POSTURALE CALISTHENICS		POSTURALE CALISTHENICS		
18:15		FUNZIONALE		GAG			
18:30		POSTURALE INDOOR CYCLING		POSTURALE INDOOR CYCLING	BODYPUMP		
18:45	GAG YIN YOGA RICOSTITUENTE		BODYPUMP YIN YOGA RICOSTITUENTE				
19:00	H.E.A.T.	BODYSCULPT CALISTHENICS	INDOOR CYCLING	TOTALBODY CALISTHENICS	INDOOR CYCLING		
19:30	WELLBACK		WELLBACK		WELLBACK YIN YOGA RICOSTITUENTE		
19:45	VINYASA YOGA	PILATES IN SOSP H.E.A.T.	VINYASA YOGA	PILATES H.E.A.T.			
20:00	INDOOR CYCLING						
20:30		KICK BOXING		KICK BOXING			