



ORARIO CORSI



	LUN	MAR	MER	GIO	VEN	SAB	DOM
7.00		H.E.A.T.		H.E.A.T.	H.E.A.T.		
9.00	DINAMIC PILATES		H.E.A.T.		H.E.A.T.	H.E.A.T.	
9:15		PILATES PULSE EQUILIBRIO		PILATES PULSE EQUILIBRIO			
9:30					PILATES PAVIMENTO PELVICO		
10:00						H.E.A.T. PILATES	INDOOR CYCLING
11:00						INDOOR CYCLING	
11:15							H.E.A.T.
13.10	STRENGHT DEVELOPMENT PILATES BARRE'	TOTALBODY PILATES PULSE	SHAPE H.E.A.T.	PILATES PULSE	FUNZIONALE H.E.A.T.		
17:15	CORE PILATES		POSTURALE NEUROFUNZIONALE				
17:30		STRENGTH DEVELOPMENT H.E.A.T.		POSTURALE BODYPUMP H.E.A.T.	PILATES		
18.00	BODYPUMP H.E.A.T. POSTURALE NEUROFUNZIONALE CALISTHENICS		FUNCTIONAL BARRE' H.E.A.T. PILATES PAVIMENTO PELVICO CALISTHENICS		H.E.A.T. CALISTHENICS		
18:15		POSTURALE		PILATES	POSTURALE		
18.30		INDOOR CYCLING		INDOOR CYCLING			
18:45	YOGA 1 SHAPE		YOGA 1 STRENGTH DEVELOPMENT				
19.00	H.E.A.T.	CALISTHENICS TOTALBODY	INDOOR CYCLING	CALISTHENICS TOTALBODY	FUNZIONALE INDOOR CYCLING		
19:20		PILATES IN SOSPENSIONE		PILATES IN SOSPENSIONE			
19:45	YOGA 2	H.E.A.T.	YOGA 2	H.E.A.T.			
20:00	INDOOR CYCLING						

TUTTI I CORSI SONO SU PRENOTAZIONE TRAMITE APP "BLUGEA"