

SETTIMO

LUN./VEN. 7/23 - SAB. 9/19 - DOM. 9/14

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO
SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 2
09:00 DOLCE		09:30 TOTAL BODY		09:00 DOLCE		09:30 TOTAL BODY		09:00 DOLCE		
10:00 LES MILLS BODYPUMP					10:00 SPINNING*			10:00 PILATES		
13:00 STEP TONE	13:00 SPINNING*	13:00 SUPER JUMP*		13:00 LES MILLS BODYPUMP		13:00 LES MILLS BODYBALANCE	13:00 SPINNING*	13:00 GRITCXWORX		
17:00 STEP TONE				17:30 SUPER JUMP*		18:00 LES MILLS BODYBALANCE				
18:00 GRITCXWORX		18:00 LES MILLS BODYPUMP		18:30 LES MILLS BODYATTACK		18:45 SPINNING*		18:30 LES MILLS BODYPUMP		
19:00 LES MILLS BODYATTACK	19:00 SPINNING*	19:00 STEP TONE	19:15 SPINNING*	19:30 GRITCXWORX	19:00 SPINNING*	19:00 STEP TONE		19:30 LES MILLS BODYBALANCE	19:15 SPINNING*	
20:00 LES MILLS BODYPUMP		20:00 LES MILLS BODYBALANCE				20:00 LES MILLS BODYPUMP				

*ATTIVITÀ SU PRENOTAZIONE