

# Sala Fitness Musicale + Sala Walking /Spinning

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7.00			SPINNING 45'			
8.30	BODY PUMP 45'		BODY BALANCE 45'	TURBO 30'	CORE TRAINING 45'	
11.15						WALKING 45'
11.30						BODY COMBAT 45'
13.05	TURBO 30'	TURBO 30'	TURBO 30'	MIX FUNCTIONAL TRAINING 45'	CORE TRAINING 45'	
	SPINNING 45'	POWER STRETCH 60'	WALKING 45'			
	BODY PUMP 45'					
17.00		SHAPE & TONE 45'		SHAPE & TONE 45'		
17.45	BODY BALANCE 45'					
18.00		ZUMBA 60'	WALKING 45'	CORE TRAINING 30'	BODY PUMP 45'	
			BODY COMBAT 45'			
18.30	WALKING 45'					
18.45	HIIT FUNCTIONAL TRAINING 30'	WALKING 45'		ZUMBA 60'		
19.00	TURBO 30'	TURBO 30'	TURBO 30'	TURBO 30'	MIX FUNCTIONAL TRAINING 45'	
		POWER STRETCH 45'	SPINNING 45'			
			BODY PUMP 30'			
19.15					SPINNING 45'	
19.30	SPINNING 45'		BODY PUMP 30'	WALKING 45'		
	BODY PUMP 30'					
19.45				BODY COMBAT 30'		
20.00	BODY PUMP 30'	FITRUGBY FUNCTIONAL TRAINING 45'	BODY BALANCE 45'	20.30 SALSA CUBANA 60' (CORSO EXTRA ABB.)		

CARDIO & FUN
FUNCTIONAL
BODY & MIND
TONE