

Sala Fitness Musicale + Sala Walking /Spinning DEFINITIVO 2018-19

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7.00			6.45 SPINNING 45'	7.00 SUPERFUNCTIONAL '45		9.45 YOGA VINYASA
8.30	LIFE PUMP 45'		BODY BALANCE 45'		CORE TRAINING 45'	10.45 SUPERJUMP
						11.15 RUN.SQUAT.FUNCT
						11.30 SUPERFUNCT. 45'
13.05	SPINNING 45'		WALKING 45'	SUPERFUNCTIONAL 45'	SUPER JUMP 45'	
	TRX 45'			SPINNING 45'		
17.15	17.05 BODY BALANCE 50'	SUPER JUMP 45'	17.45 WALKING 50'			
17.30				SUPERFUNCTIONAL 45'		
18.00	TRX 45'		TRX 45'			
18.15	WALKING 45'	18.10 ZUMBA TONING		SUPER JUMP 45'	18.30 LIFE PUMP 45'	
18.45	18.50 SUPERFUNCTIONAL	WALKING 45'				
19.00		SUPERFUNCTIONA 45'	SPINNING 45'	ZUMBA 60'	WALKING 45'	
			LIFE PUMP			
19.15					SUPERFUNCTIONAL 45'	
19.30	SPINNING 45'			RUN-SQUAT-FUNCT 45'		
19.30	LIFE PUMP 45'	19.45 YOGA VINYASA 60'				
20.00			BODY BALANCE 45'	BODY BARRE YOGA 45'	SPINNING 45'	

- TONE
- FUNCTIONAL
- CARDIO
- BODY & MIND
- SPECIAL CLASS