

# Orario Life 2019/20

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	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato				
			6.45 I. CYCLING 45'			9.30 YOGA VINYASA				
8.30	PUMP 45'	WALKING 45'	BODY BALANCE 45'	ZUMBA TONING & FITNESS 45'	CORE TRAINING 45'	10.30 INDOOR CYCLING				
						10.45 SUPER JUMP				
						11.30 RUN-SQUAT-FUNC				
13.05	INDOOR CYCLING 45'	POWER TRX 45'	WALKING 45'	INDOOR CYCLING 45'	SUPER JUMP 45'	11.30 SUPERFUNC. 45'				
17.15	17.00 BODY BALANCE 45'	SUPER JUMP 45'								
18.00	TRX 45'		TRX CIRCUIT 45'							
18.15	WALKING 45'	18.10 ZUMBA TONING & FITNESS 45'		SUPER JUMP 45'	18.30 POWER GAG 30'					
18.45	18.50 SUPERFUNCTIONAL 45'	WALKING 45'		18.30 ENERGY YOGA 45'						
19.00		SUPERFUNCTIONAL 45'	INDOOR CYCLING 45'	ZUMBA FITNESS 50'	WALKING 45'					
			PUMP 45'		19.15 SUPERFUNCTIONAL 45'					
19.30	INDOOR CYCLING 45'	19.45 YOGA VINYASA 45'		RUN-SQUAT-FUNCTIONAL 45'						
	PUMP 45'									
20.00			BODY BALANCE	19.50 SUPERFUNCTIONAL 45'						

- TONE
- FUNCTIONAL
- CARDIO
- BODY & MIND