

Sala FITNESS

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
8:00/9:00	A.F.A	-	A.F.A	-	-	-
9:00/10:00	Ginn. Dolce	-	Ginn. Dolce	-	-	-
12:45/13:45	-	Cross Training	-	Cross Training	-	-
13:00/14:00	Spinning*	Spinning*	Spinning*	Spinning*	Spinning*	-
13:15/14:15	Cross Training	-	Cross Training	-	Cross Training	-
13:15/14:15	-	Yoga	Zumba	Pilates	Yoga	-
13:15/14:15	Pump	-	-	-	-	-
17:00/18:00	-	Zumb@kids	Karate Kids	Zumb@kids	Karate Kids	-
18:00/19:00	Total Body	Power Step	Pilates	Fit Boxe	Pilates	-
18:30/19:30	Yoga	Tone	Yoga	G.A.G	-	-
19:00/20:00	Zumba	Fit Boxe	Pump	Yoga	Spinning*	-
19:30/20:30	-	-	Zumba	Lipo Tone	-	-
20:00/21:00	-	-	-	Danza Afro	-	-

*Spinning lezione virtuale

Sala COMBAT ZONE

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
13:15/14:15	Boxe	-	Boxe	-	-	-
17:00/18:00	Thai Boxe Kids	-	Thai Boxe Kids	-	-	-
17:00/18:00	-	-	Karate Kids	-	Karate Kids	-
18:00/19:00	-	-	Karate Kids	-	Karate Kids	-
18:00/19:00	Boxe Giovani	-	Boxe Giovani	-	Boxe Giovani	-
18:00/19:00	Boxe	Boxe	Boxe	Boxe	Boxe	-
19:00/20:30	Thai Boxe	MMA	Thai Boxe	MMA	Thai Boxe	-
20:00/21:30	-	-	-	-	Wrestling	-
20:30/21:30	-	Dif. Personale (Kalah)	Wrestling	Dif. Personale (Kalah)	-	-
20:30/22:00	Ju-Jitsu	-	Ju-Jitsu	-	-	-
20:30/21:30	Capoeira	-	Capoeira	-	-	-

Sala THE BOX

Orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
7:00/8:00	Cross Training	-	Cross Training	-	Cross Training	-
10:30/11:30	-	-	-	-	-	Cross Training
13:15/14:15	Cross Training	-	Cross Training	-	Cross Training	-
17:30/18:30	Cross Training	Calisthenics	-	Calisthenics	-	-
18:00/19:00	Cross Training	-	Cross Training	-	Cross Training	-
18:30/19:30	Cross Training	Calisthenics	-	Calisthenics	-	-
19:00/20:00	-	-	Calisthenics	-	Calisthenics	-

