

# CORSI ALL'APERTO

## LUNEDÌ

H 9:00 BODYBALANCE | H 10:15 LM TONE | H 18:00 PILATES | H 19:00 ZUMBA | H 20:00 GRIT

## MARTEDÌ

H 9:00 BODYPUMP | H 10:15 ZUMBA | H 11:00 PILATES | H 17:30 PILATES | H 19:00 CX WORX | H 19:30 CYCLING (CAMPO 1) | H 20:00 BODYCOMBAT

## MERCOLEDÌ

H 9:00 BODYBALANCE | H 10:15 LM TONE | H 13:45 BODYPUMP | H 18:00 BODYPUMP | H 19:00 ZUMBA | H 20:00 GRIT

## GIOVEDÌ

H 9:30 BODYPUMP | H 11:00 PILATES | H 17:30 PILATES | H 19:00 BODYCOMBAT | H 19:30 CYCLING (CAMPO 1) | H 20:00 CX WORX

## VENERDÌ

H 9:00 PILATES | H 10:15 ZUMBA | H 13:45 GRIT | H 17:30 PILATES | H 18:30 ZUMBA | H 19:30 GRIT

# CORSI IN SALA

## LUNEDÌ

H 10:00 FELDENKRAIS | H 11:00 FELDENKRAIS | H 13:45 LM TONE | H 18:00 BODYPUMP | H 20:00 BODYPUMP

## MARTEDÌ

H 10:30 CX WORX | H 13:45 BODYBALANCE | H 20:45 FUNCTIONAL

## MERCOLEDÌ

H 10:00 FELDENKRAIS | H 11:00 FELDENKRAIS | H 18:30 PILATES | H 19:30 PILATES

## GIOVEDÌ

H 13:45 BODYBALANCE | H 18:30 CX WORX | H 20:45 FUNCTIONAL

## VENERDÌ

H 10:00 FELDENKRAIS | H 11:00 FELDENKRAIS | H 18:00 BODYPUMP | H 19:30 BODYPUMP