

SALA MUSICALE

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00							
9.10 - 10.00	BACK SCHOOL		POSTURALE		SOFT TONE		
10.10 - 11.00	TONE UP	TOTAL BODY	TONE UP		MOVIDA		
11.10 - 12.00							
13.00 - 13.50	TOTAL BODY	PUMP		MOVIDA	FUNCTIONAL CONTROL	TOTAL BODY	
17.10 - 18.00		TOTAL BODY		ABDOSTRETCH			
18.10 - 19.00	MOVIDA		TOTAL BODY		CARDIO PUMP		
18.30 - 19.20				PUMP			
19.10 - 20.00	ROOTAPE		FIT BOXE		STEP		
19.30 - 20.20		FUNCTIONAL CONTROL					
20.10 - 21.00							

PEDALS 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
7.10 - 8.00				PEDALS 360			
10.10 - 11.00			PEDALS 360				
11.00-12.20							PEDALS 360
13.00-13.50		PEDALS 360	PEDALS 360	PEDALS 360			
13.00-14.20						PEDALS 360	
18.10 - 19.00							
18.30 - 19.20	PEDALS 360		PEDALS 360		PEDALS 360		
19.10 - 20.00				PEDALS 360			
19.30 - 20.20		PEDALS 360					
20.10 - 21.00	PEDALS 360		PEDALS 360				

TRAIL 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00	TRAIL360						
13.00 - 13.50	TRAIL360				TRAIL360		
13.00 - 14.20						TRAIL360	
18.10 - 19.00			TRAIL360	TRAIL360			
19.10 - 20.00		TRAIL360					
19.30 - 20.20	TRAIL360		TRAIL360				
20.10 - 21.00							

ROW 360

orario	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA
10.10 - 11.00							ROW360
13.00 - 13.50				ROW360			
18.30 - 19.20	ROW360						
19.10 - 20.00					ROW360		
19.30 - 20.20				ROW360			
20.10 - 21.00		ROW360					