

CALENDARIO CORSI STAGIONE 2025-26

		Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
7	:00							
	:30							
8	:00							
	:30							
9	:00							
	:30		Total Body Workout			Total Body Workout		
10	:00		09:30			09:30		YOGA
	:30		Pilates			Pilates		
11	:00		10:30			10:30		
	:30							
12	:00							
	:30							
13	:00							
	:30				Pilates			
14	:00				13:30			
	:30							
15	:00							
	:30							
16	:00							
	:30							
17	:00							
	:30							
18	:00	PUMP 18:00						
	:30			Spinning 18:00				
19	:00	Breakdance 19:15	Stretching 18:30					
	:30							
20	:00							
	:30			HIIT 19:30	Spinning 19:30	Free-combat 19:30		
21	:00							
	:30							
22	:00							
	:30							