

CALENDARIO CORSI STAGIONE 2026-27

		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		09:30
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	Breakdance	Spinning					
	:30	18.45	Stretching 18:00		TRX			
19	:00		18:30			18:30		
	:30				Spinning	Free-combat		
20	:00				19:30	19:30		
	:30							
21	:00							
	:30							
22	:00							
	:30							