

SALA WELLNESS orario continuato dal Lunedì al Sabato (DOMENICA ORE 09.00/13.00)

Lunedì
7:00/22:15

Martedì
8:30/22:00

Mercoledì
7:00/22:15

Giovedì
8:30/22:00

Venerdì
7:00/22:00

Sabato
9:00/17:00

SALE CORSI DI GRUPPO E MINI CLASS (2011/2012)

orario	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì
9:00	FIT- SPECIAL STRECH 10'	MINI CLASS	FIT-SPECIAL ADDOME 10'	MINI CLASS	FIT- SPECIAL STRECH 10'
9:30	FIT-TONIC		FIT-TONIC		FIT-TONIC
9:35		POSTURAL		POSTURAL	
10:45	TRX		TRX		FIT-WALK
11:00	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'
11:30	5 RITI TIBETANI		POWER YOGA		5 RITI TIBETANI
12:00	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'
13:00	FIT-SPECIAL ADDOME 10'		FIT-SPECIAL ADDOME 10'		FIT-SPECIAL ADDOME 10'
13:30	FIT-WALK		FIT-WALK		FIT-WALK
	FIT-CIRCUIT		FIT-CIRCUIT		
13:45		POWER YOGA		POWER YOGA	
14:00	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'
14:15	CIRCUIT TRX		CIRCUIT TRX		CIRCUIT TRX
14:50	MINI CLASS		MINI CLASS		
15:00	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'
16:00	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10"	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'
16:15	TRX		TRX		
17:00	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'
	FIT-WALK		FIT-WALK		FIT-WALK
17:15		FIT-WALK	POSTURAL	FIT-WALK	
		PILATES		PILATES	
17:40	POSTURAL				POSTURAL
18:00	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'
			5 RITI TIBETANI		
	TRX		TRX		TRX
18:05		PILATES		PILATES	
18:30	FIT-WALK	TKD (UNDER 7)	FIT-WALK	TKD (UNDER 7)	FIT-WALK
					FIT-CIRCUIT
18:35	TOTAL BODY		TOTAL BODY		TOTAL BODY
18:45		TKD (8/13 ANNI)		TKD (8/13 ANNI)	
18:55		MINI CLASS		MINI CLASS	
19:00	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'
19:30	FIT- CIRCUIT	SPINNING	FIT- CIRCUIT	SPINNING	FIT- CIRCUIT
19:35	TOTAL BODY		TOTAL BODY		
19:45	POWER YOGA		POWER YOGA		YOGA PILATES
19:50		FIT-WALK		FIT-WALK	
20:00		TKD /RAGAZZI-ADULTI		TKD /RAGAZZI-ADULTI	
	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL ADDOME 10'	FIT-SPECIAL GLUTEI 10'	FIT-SPECIAL GLUTEI 10'
	KICK BOXING (AGONISTI)		KICK BOXING (AGONISTI)		KICK BOXING (AGONISTI)
20:30	PREP.ATLET/KICK	SPINNING	PREP.ATLET/KICK	SPINNING	PREP.ATLET/KICK
		TRX			
20:45	FIT-WALK		FIT-WALK		FIT-WALK
21:00	FIT- SPECIAL STRECH 10'	FIT- SPECIAL STRECH 10'	FIT- SPECIAL STRECH 10'	FIT-SPECIAL ADDOME 10'	FIT- SPECIAL STRECH 10'
21:30	KICK BOXING (TECNICA)		KICK BOXING (TECNICA)		KICK BOXING (TECNICA)