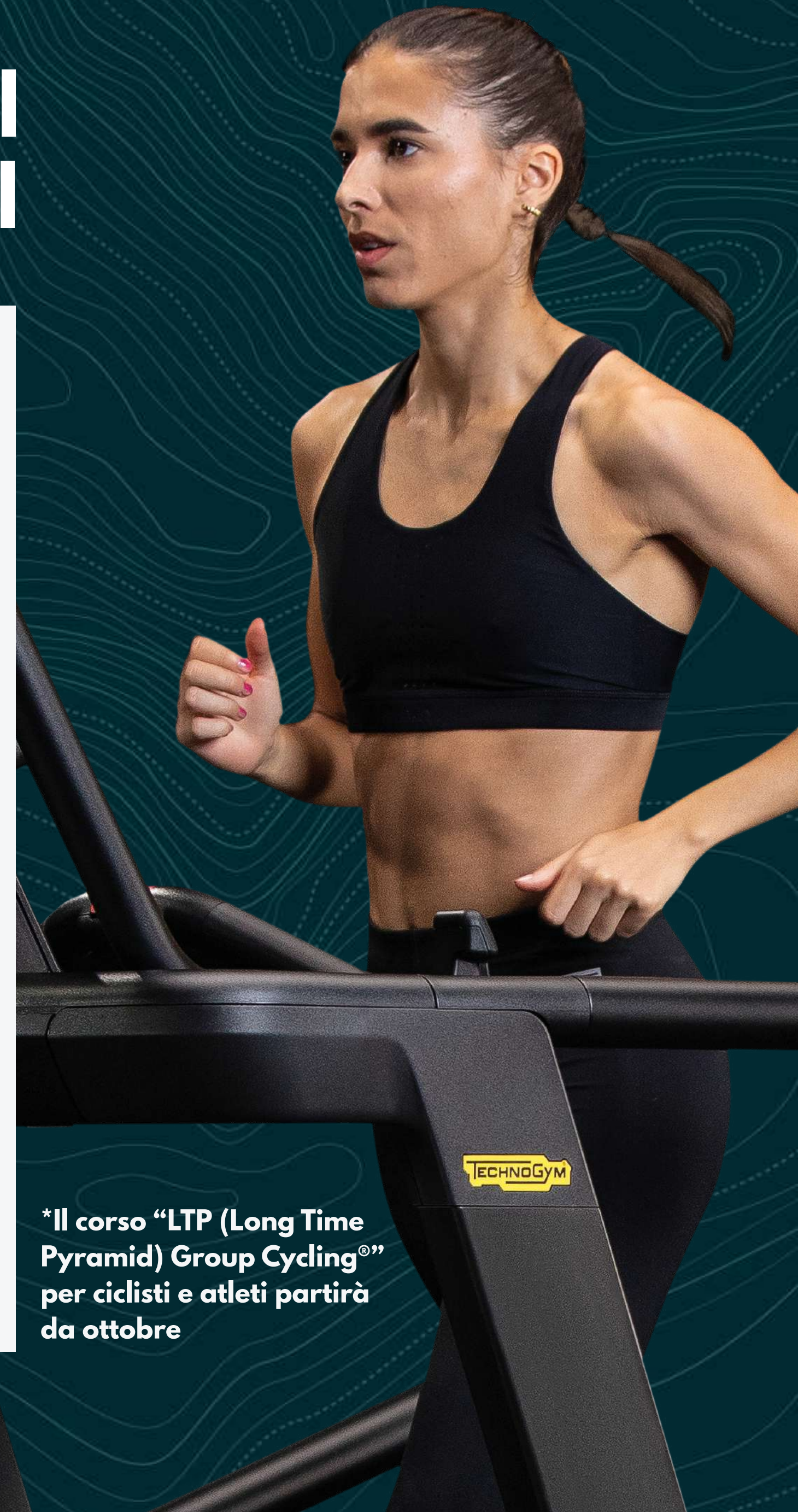


ORARI CORSI & SALA PESI

| Lunedì | Martedì | Mercoledì | Giovedì | Venerdì | Sabato | Domenica |
|-------------------------------------|-----------------------------------|--|--|--|---------------------------------------|--------------------------------|
| SALA PESI 06:30 - 22:00 | SALA PESI 08:00 - 21:30 | SALA PESI 08:00 - 22:00 | SALA PESI 06:30 - 21:30 | SALA PESI 08:00 - 21:30 | SALA PESI 09:30 - 17:30 | SALA PESI 09:30 - 13:30 |
| TREKTMILL 06:30 - 07:30 | INDOOR C. 06:30 - 07:30 | CROSS TRAINING 12:40 - 13:40 | TREKTMILL 06:30 - 07:30 | INDOOR C. 06:30 - 07:30 | | |
| FITNESS MOBILITY 09:30 - 10:30 | INDOOR CYCLING 10:00 - 11:00 | GINNASTICA DOLCE 10:00 - 11:00 | INDOOR CYCLING 10:00 - 11:00 | FITNESS MOBILITY 09:30 - 10:30 | STRETCHING 09:30 - 10:30 | |
| FIT&BOXE 12:30 - 13:30 | FUNCTIONAL POWER 12:40 - 13:40 | CORPO LIBERO - HIGH LEVEL 12:40 - 13:40 | CROSS TRAINING 12:40 - 13:40 | INDOOR CYCLING 12:50 - 13:50 | TREKTMILL 10:30 - 11:30 | INDOOR C. 10:30 - 11:30 |
| INDOOR CYCLING 12:50 - 13:50 | PILATES 13:40 - 14:40 | INDOOR CYCLING 12:50 - 13:50 | PILATES 13:15 - 14:15 | FUNCTIONAL POWER 12:40 - 13:40 | TREKTMILL 10:30 - 11:30 | INDOOR C. 10:30 - 11:30 |
| KETTLEBELL 13:30 - 14:30 | TREKTMILL 17:45 - 18:45 | INDOOR C. 17:45 - 18:45 | TREKTMILL 17:00 - 18:00 | TREKTMILL 17:45 - 18:45 | INDOOR C. 17:45 - 18:45 | TREKTMILL 17:00 - 18:00 |
| TREKTMILL 17:00 - 18:00 | BODY STEP 18:00 - 19:00 | PILATES (base) 18:00 - 19:00 | BODY STEP 18:00 - 19:00 | YOGA DYNAMIC 17:30 - 18:30 | LTP - GROUP CYCLING® 13:30 - 15:00 | |
| FIT&BOXE 18:00 - 19:00 | PILATES (base) 18:00 - 19:00 | CORPO LIBERO - HIGH LEVEL 19:00 - 20:00 | INDOOR CYCLING 18:00 - 19:00 | CORPO LIBERO - HIGH LEVEL 19:00 - 20:00 | INDOOR CYCLING 18:00 - 19:00 | |
| PILATES (avanzato) 19:00 - 20:00 | FUNCTIONAL POWER 19:00 - 20:00 | PILATES (avanzato) 19:00 - 20:00 | FUNCTIONAL POWER 19:00 - 20:00 | FIT&BOXE 18:30 - 19:30 | | |
| INDOOR CYCLING 19:00 - 20:00 | YOGA DYNAMIC 20:00 - 21:00 | KETTLEBELL 19:00 - 20:00 | KETTLEBELL 20:00 - 21:00 | BODY STEP 19:00 - 20:00 | | |
| CROSS CARDIO 20:00 - 21:00 | INDOOR CYCLING 20:00 - 21:00 | CROSS CARDIO 20:00 - 21:00 | INDOOR CYCLING (GROUP CYCLING®/ CYCLEX®) 20:00 - 21:00 | BODY PUMP 19:30 - 20:30 | | |
| CROSS T. 20:00 - 21:00 | BODY P. 21:00 - 22:00 | TREKTMILL 21:00 - 22:00 | CROSS T. 20:00 - 21:00 | BODY P. 21:00 - 22:00 | TREKTMILL 21:00 - 22:00 | SALSA&BACHATA 20:30 - 21:30 |
| SALSA&BACHATA 21:00 - 22:00 | MEDITANGO 21:00 - 22:30 | SALSA&BACHATA 21:00 - 22:00 | | | | |



*Il corso "LTP (Long Time Pyramid) Group Cycling®" per ciclisti e atleti partirà da ottobre