



WEEKLY SCHEDULE 2024



LUN / MON

MAR / TUE

MER / WED

GIO / THU

VEN / FRI

SAB / SAT

EXTRA PACK

	LUN / MON	MAR / TUE	MER / WED	GIO / THU	VEN / FRI	SAB / SAT	EXTRA PACK
8:00	REFORMER FLAVIE ●			REFORMER FLAVIE ●			CORSI DI SALSA CUBANA LUNEDÌ E MARTEDÌ 19.00-20 E 20-21 Extra Pack acquistabile separatamente.
9:00				REFORMER FLAVIE ●	REFORMER RITA ●		
10:00	GINN. DOLCE MINA ●	REFORMER FLAVIE ●	HATHA YOGA MARILENA ●	REFORMER FLAVIE ●	GINN. DOLCE RITA ●		
11:00	REFORMER MATTHIAS						
11:10	TOTAL BENCH MINA ●	PILATES MATWORK FLAVIE ●	POSTURALE DONATO ●	PILATES DOLCE RITA ●	POSTURALE DONATO ●	JOLLY ROTAZIONE H10:40 DA ATTIVARE	
12:00			REFORMER FLAVIE ●				
12:00	PANCAFIT MATTHIAS ●	PANCAFIT MATTHIAS ●		PANCAFIT MATTHIAS ●			
13:30	REFORMER MATTHIAS ●	REFORMER FLAVIE ●	REFORMER FLAVIE ●		REFORMER DONATO ●		
13:20	BODY SCULPT LAURA ●	INTENSIVE WORKOUT MARCO ●	TOTAL BODY MARCO ●	FUNCTIONAL GLOBAL DILETTA ●	GAG + STRETCHING LAURA ●		
17:00		REFORMER FLAVIE ●			BENCH MINA DAL 2/02/24 ●		
17:00	VINYASA YOGA FRANCESCO ●	HATHA YOGA MARILENA ●	VINYASA YOGA FRANCESCO ●	HATHA YOGA MARILENA ●			
18:00		REFORMER FLAVIE ●		REFORMER FLAVIE ●			REFORMER SALOTTO PILATES ●
18:00	PILATES FRANCESCO ●	TOTAL BODY 18:10 - DILETTA ●	FUNCTIONAL CIRCUIT LAURA ●				CORSI OLISTICI SALA SMALL CLASS ●
19:00			BODY SCULPT LAURA ●				CORSI TONIFICAZIONE SALA SMALL CLASS ●
19:00	REFORMER DONATO ●	REFORMER FLAVIE ●		REFORMER FLAVIE ●			TUTTE LE LEZIONI SONO DI 50 MINUTI

