

Lunedì	
10.00 - 11.00	TONO
13.00 - 14.00	STEP TONO
18.00 - 19.00	FAT BURN
19.00 - 20.00	WELLNESS STRETCHING
18.30 - 19.30	SKILLTRAINING®

Martedì	
09.30 - 10.30	WELLNESS STRETCHING
18.00 - 19.00	STEP TONO
19.00 - 20.00	FAT BURN
18.30 - 19.30	GROUP CYCLING®

Mercoledì	
10.00 - 11.00	TONO
18.30 - 19.30	TOTALBODY
13.00 - 14.00	GROUP CYCLING®
18.00 - 19.00	SKILLTRAINING®

Giovedì	
09.30 - 10.30	WELLNESS STRETCHING
18.00 - 19.00	TONIFICAZIONE
19.00 - 20.00	CIRCUIT TRAINING
18.30 - 19.30	GROUP CYCLING®

Venerdì	
10.00 - 11.00	PILATES
18.30 - 19.30	G.A.G.
19.00 - 20.00	SKILLTRAINING®