

GROUP CLASSES

	SALA		LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
MORNING	MOTION STUDIO	07:00		MORNING FLOW (1h) Elena		MORNING FLOW (1h) Elena	
		08:00	POSTURAL (1h) Stefano	BODY SCULPT (1h) Elena		BODY SCULPT (1h) Elena	
	BEAT STUDIO	09:00		PILATES (1h) Elena		PILATES (1h) Elena	
		09:30	CORPO LIBERO (1h) Elena		POSTURAL (1h) Stefano		
	MOTION STUDIO	10:00		CORPO LIBERO (1h) Elena		CORPO LIBERO (1h) Marta	
		10:30	TOTAL BODY (45') Elena		WALKING (1h) Marta		TOTAL BODY (45') Marta
	11:00		UPPER BODY (1h) Elena		UPPER BODY (1h) Elena		
	11:15	WALKING (1h) Elena					
LUNCH	MOTION STUDIO	12:45				BODY SCULPT (45') Elena	
	BEAT STUDIO	12:50		SPINNING (45') Lara		TOTAL BODY (30') Luciano	
	BEAT STUDIO	13:00	WALKING (45') Giada			WALKING (45') Giada	
	MOTION STUDIO	13:15	FIT BOXE (45') Marta		FUNCTIONAL TRAINING (30') Luciano		FUNCTIONAL TRAINING (30') Luciano
		13:30		POWER PILATES (45') Elena		PILATES BARRE' (45') Elena	
	BEAT STUDIO	13:35		WALKING (45') Lara		WALKING (45') Lara	
	MOTION STUDIO	13:45			ADDOMINALI (30') Luciano		ADDOMINALI (30') Luciano
		14:00	GAG (30') Marta				
14:15		PILATES BARRE' (45') Elena					
EARLY AFTERNOON	MOTION STUDIO	15:00					Danza classica (1h30)
		16:00	PILATES (45') Anna			PILATES (45') Anna	
		16:45			BODY SCULPT (45') Elena		
HAPPY HOUR	BEAT STUDIO	17:00	HIP HOP (1h)		HIP HOP (1h)		CORPO LIBERO (1h) Elena
	MOTION STUDIO	17:15	FULL BODY WORKOUT (30') Lara			FULL BODY WORKOUT (30') Lara	
		17:30			FUNCTIONAL ANIMAL FLOW (45') Elena		Danza classica (1h)
		17:45	FUNCTIONAL TRAINING (45') Lara			FUNCTIONAL TRAINING (45') Lara	
	BEAT STUDIO	18:00		STRONG WORKOUT (45') Giada			
	MOTION STUDIO	18:15			POWER PILATES (45') Elena		GAG (30') Elena
	BEAT STUDIO	18:30	WALKING (45') Lara			WALKING (45') Lara	ADDOMINALI (30') Samuel
	MOTION STUDIO	18:30					UPPER BODY (30') Elena
BEAT STUDIO	18:45	TOTAL BODY (30') Luciano	HYROX Training (1h) Lara		TOTAL BODY (30') Luciano		
			AERO-STEP (1h) Giada				
EVENING	MOTION STUDIO	19:00			CROSS TRAINING (45') Samuel		POWER PILATES (45') Elena
	BEAT STUDIO	19:00					CROSS TRAINING (45') Samuel
	MOTION STUDIO	19:15	ADDOMINALI (30') Luciano			ADDOMINALI (30') Luciano	
	BEAT STUDIO	19:15	ZUMBA (30') Anna		SPINNING (1h) Sandro		
	BEAT STUDIO	19:30		WALKING (45') Giada		SPINNING (1h) Sandro	
	MOTION STUDIO	19:45	PILATES (45') Anna	ZUMBA (45') Anna	FIT BOXE (45') Marta	PILATES (45') Anna	FIT BOXE (45') Marta
	BEAT STUDIO	19:45	SPINNING (1h) Sandro				Difesa Personale (1h)
MOTION STUDIO	20:30		Kik Boxing (1h)	Difesa Personale (1h)		Kik Boxing (1h)	

 **Orari di apertura**
Lunedì – Venerdì: 7:00 – 22:00
Sabato: 10:00 – 17:00

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