



ACTIVE Fitness & Sport
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Ora	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.15	PILATES 60'	TOTAL BODY 45'	CORPO LIBERO 60'	TREKK 45'	BRUCIA GRASSI 60'	
10.30	/	Active Back Program 30'	PILATES 60'	Active Back Program 30'	/	SPIN 45'
13.15	SPIN 45'	A.F.F. 45'	BRUCIA GRASSI 60'	TREKK 45'	PILATES 60'	
16.00	CORPO LIBERO 60'	/	BRUCIA GRASSI 60'	/	CORPO LIBERO 60'	
17.15	BODY SCULPT 45'	PILATES 60'	UP & DOWN 45'	PILATES 60'	BRUCIA GRASSI 45'	
18.00	ADDOMINALI 30'	/	ADDOMINALI 30'	/	ADDOMINALI 30'	
18.45	TREKK 45'	SPIN 45'	A.F.F. 45'	STEP TONE 45'	/	
			FIT BOXE 45'			
19.30	ADDOMINALI 30'	/	G.A.G. 30'	ADDOMINALI 30'	/	
20.15	UP & DOWN 45'	/	TREKK 45'	SPIN 45'	/	

ORARIO CORSI
dal 28/09/20