

ORARIO CORSI ZONE 2018/2019

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
7.00	IndoorCycling*	Kund.Yoga*	IndoorCycling*	Hatha Yoga Flow*	IndoorCycling*		
9.30	BodyPump* Flex&Tono*	Pilates*	BodyWeight* Flex&Tono*	Pilates*	Insany-T (F&C)*	Pilates* Hatha/ Kund.Yoga*	
10.00						Calisthenics	
10.30						Indoor Cycling*	IndoorCycling*
11.00						Calisthenics BodyAttack* YogaFly*	
12.00						BodyPump	
13.10	BodyPump Posturale*	Functional	BodyAttack Pilates*	Step Funzionale	BodyWeight Power Yoga*		
13.30	IndoorCycling*		IndoorCycling*		IndoorCycling*		
16.30	Calisth. Bimbi			Calisth. Bimbi			
16.45		YogaFly*		Yoga Fly*			
17.00		Pilates*	Pole Kids	Pilates*			
17.45	Insany-T (F&C)	Functional		Yoga Fly* Functional			
18.00	IndoorCycling* Calisthenics* Posturale		IndoorCycling* Posturale	Calisthenics*	IndoorCycling* Posturale		
18.30	Insany-T (P.T.)	IndoorCycling* BodyPump	BodyCircuit	IndoorCycling* BodyPump	BodyAttack		
18.45			Pole Dance				
19.00	IndoorCycling* Calisthenics* Pole Dance	Hatha Yoga Flow* Calisthenics*	IndoorCycling* Calisthenics*	Kundalini Yoga* Calisthenics*	IndoorCycling* Calisthenics* Hip Hop		
19.15	BodyWeight	Functional	BodyAttack	Insany-T (P.T.)	BodyPump		
19.45			Hip Hop				
20.00	Calisthenics* Pole Dance Power Yoga*	IndoorCycling* Calisthenics* Pilates*	Calisthenics*	IndoorCycling* Calisthenics* Pilates*	Calisthenics* Break Dance		
20.15		Yoga Fly*		Pole Dance			
20.45			Break Dance				
21.00	Pole Dance Kick Boxing		Kick Boxing				
21.15				Pole Dance			

*CORSI SU PRENOTAZIONE