

PROGRAMMA CORSI '25/26



LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

6:30 - 7:30

HIIT
TRAINIG

HIIT
TRAINIG

HIIT
TRAINIG

10:30 - 11:30

SPINNING

13:00 - 13:30

CIRCUIT
TRAINING

CIRCUIT
TRAINING

17:00 - 18:00

TOTAL BODY

18:20 - 19:20

SPINNING

18:30 - 19:30

FLEX & TONE

SPINNING

GAG

18:40 - 19:40

SPINNING

19:30 - 20:30

HIIT
TRAINIG

SPINNING

HIIT
TRAINIG

SPINNING

20:30 - 21:00

STRETCHING
& CORE

SALA
ROSSA