

PROGRAMMA CORSI '25/26



| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ |
|---------------|---------------------|---------------------|---------------------|---------------------|----------|
| 8:30 - 9:20 | FUNCTIONAL TRAINING | DANCE & TONE | FUNCTIONAL TRAINING | STEP & TONE | PILATES |
| 9:30 - 10:20 | FLEXY | PILATES | FLEXY | POSTURALE | |
| 12:20 - 12:40 | | GAG | | GAG | |
| 12:45 - 13:45 | SPINNING | SOFT YOGA | SPINNING | HATA YOGA DINAMICO | SPINNING |
| 17:30 - 18:20 | PILATES | | POSTURAL PROGRAM | PILATES | |
| 18:30 - 19:20 | FUNCTIONAL TRAINING | PILATES | FUNCTIONAL TRAINING | PILATES | SPINNING |
| 19:30 - 20:20 | SPINNING | FUNCTIONAL TRAINING | SPINNING | FUNCTIONAL TRAINING | |