

LUNEDI

08.00 ENERGY TOTAL
09.00 ASHTANGA YOGA
10.45 TRI ENERGY EASY
12.45 PILATES
15.00 OVER 60
18.45 CORE TRAINING
19.15 CIRCUIT TRAINING
20.00 ENERGY FLEX
20.30 PILATES

MARTEDI

08.00 HARI YOGA
09.00 TRI ENERGY EXTREME
10.00 POSTURAL GYM
12.45 ENERGY BOXE
16.00 POSTURAL GYM
17.00 KARATE
18.45 ENERGY BOXE
19.30 ENERGY TOTAL
20.30 ASHTANGA YOGA

MERCOLEDI

08.00 CIRCUIT TRX
09.00 PILATES
10.00 AB ZONE
12.45 PILATES
15.00 OVER 60
18.45 AB ZONE
19.30 TRI ENERGY
20.30 ENERGY FLEX

ALL TRAINERS

RITA BUONAGURO
LONGHI MARA
FABRIZIO VITALI
LAURA REDONDI
FRANCESCO SINELLI
VITTORIO CASAMASSIMA

ORARI DEL CENTRO

LUNEDI 07.00-22.00
MARTEDI 08.00-22.00
MERCOLEDI 07.00-22.00
GIOVEDI 08.00-22.00
VENERDI 07.00-22.00
SABATO 09.00-17.00
DOMENICA 09.00-12.30

GIOVEDI

HARI YOGA 09.00
ENERGY TOTAL 09.00
ENERGY BOXE 10.00
CIRCUIT TRAINING 12.45
KARATE 17.00
TRI ENERGY 18.45
ENERGY BOXE 19.30
PILATES 20.30

VENERDI

CARDIO BOXE 08.00
PILATES 09.00
ENERGY TOTAL 10.30
TRI ENERGY 12.45
POSTURAL GYM 16.00
TRX 18.45
TRI ENERGY 19.30
ASHTANGA YOGA 20.30

SABATO

ASHTANGA YOGA 09.30
TABATA TRAINING 11.00
KETTLEBELL 12.45
TRI ENERGY 15.00

DOMENICA

HARI YOGA 09.30

PLANNING

