

**ORARIO CORSI GUIDATI DA OTTOBRE 2023** (I CORSI IN GIALLO HANNO UN COSTO EXTRA)

giorno	orario sala	9:00	10:00	13:15	13:30	14:30	15:00	17:00	17:30	18:00	18:30	19:00	20:15
<b>LUNEDI</b>	SALA CARDIO #1				GROUP CYCLING							FLEXIBILITY 19:30	
	OUTDOOR				TRIFORM OUTDOOR						TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	G.T.C		G.T.C			PILATES		G.T.C 18:15		G.T.C 19:15	POLE INTERMEDIO 20:40
<b>MARTEDI</b>	SALA CARDIO #1		WALKING 10:30		WALKING					WALKING 18.15		GROUP CYCLING 19:30	
	OUTDOOR											BOOT CAMP OUTDOOR	
	SALA FLEX #3	MOBILITY 09:30			PILATES				BODY & MIND			STEP	POWER YOGA
<b>MERCOLEDI</b>	SALA CARDIO #1				GROUP CYCLING							FLEXIBILITY 19:30	
	OUTDOOR				TRIFORM OUTDOOR						TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	PILATES BARRE'		K.G.T	POLE PRIVATE LESSON	POLE JUNIOR 15:30	PILATES		B.M.F.T. 18:15		K.G.T 19:15	POLE BASE 20:40
<b>GIOVEDI</b>	SALA CARDIO #1		WALKING 10:30		WALKING					WALKING 18.15		GROUP CYCLING 19:30	
	OUTDOOR											BOOT CAMP OUTDOOR	
	SALA FLEX #3	MOBILITY 09:30			PILATES				BODY & MIND			PILATES BARRE'	POWER YOGA
<b>VENERDI</b>	SALA CARDIO #1											FLEXIBILITY	
	OUTDOOR				TRIFORM OUTDOOR						TRIFORM OUTDOOR		
	SALA FLEX #3	PILATES	T.B.S.T		T.B.S.T	YOGA FITNESS 14:45		PILATES			T.B.S.T		POLE OPEN 20:00
<b>SABATO</b>	SALA CARDIO #1												
	OUTDOOR												
	SALA FLEX #3				EXOTIC POLE	POLE INTERMEDIO	POLE BASE 15:30	POLE JUNIOR 16:30					