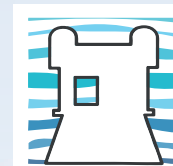


Stagione 26/27

PLANNING

fitness

Attività Invernale



PISCINA GROPALLO
Acqua. Sport. Benessere.

LUNEDÌ

9:15-10:00
PILATES

10:00-10:45
GAG

10:45-11:30
PILATES

16.45-17:30
GINNASTICA DOLCE

17.30-18:15
GAG

18:15-19:00
TRX

18:45-19:45
FUNCTIONAL
TRAINING

MARTEDÌ

9:15-10:00
GAG

10:00-10:45
GINNASTICA DOLCE

13:00-13:45
BARRE ATTACK

13:45-14:30
PILATES

17:15-18:00
GINNASTICA DOLCE

18:00-19:45
TRX

MERCOLEDÌ

10:00-10:45
GAG

10:45-11:30
PILATES

16:45-17:30
GINNASTICA DOLCE

17:30-18:15
BAILANDO

18.15-19:00
GAG

18:45-19:45
FUNCTIONAL
TRAINING

GIOVEDÌ

13:00-13:45
GAG

13:45-14:30
PILATES

17:15-18:30
YOGA INTEGRALE

18:30-19:45
YOGA INTEGRALE

VENERDÌ

10:00-10:45
BARRE ATTACK

10:45-11:30
PILATES

17:15-18:00
GINNASTICA DOLCE

18:00-18:45
TRX

18:45-19:45
FUNCTIONAL
TRAINING

SABATO

10:00-10:45
FANTASY STRONG

10:45-11:30
FANTASY SOFT

SOFT

MEDIUM

STRONG

VERY STRONG