



*Gli orari, la durata e le sedi delle lezioni possono subire variazioni a discrezione della direzione

CORSI TERRA DAL 13 MAGGIO 2024

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO	
STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN	STEVEN	GARDEN
08:30 BODY BALANCE Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos			08:30 BODY BALANCE Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos			08:30 BODY BALANCE Sala Steven	05:30 - 09:00 PERSONAL GYM Sala Olos		
09:30 CIRCUIT TRAINING Sala Steven		09:00 TOTAL BODY Sala Steven	09:00 GINNASTICA DOLCE Sala Rosa	09:30 CIRCUIT TRAINING Sala Steven	09:00 YOGA Sala Rosa	09:00 PILOGA Sala Steven	09:00 GINNASTICA DOLCE Sala Rosa	09:30 CIRCUIT TRAINING Sala Steven	09:00 YOGA Sala Rosa	09:00 YOGA Sala Steven	09:00 POWER DEFINITION Sala Rosa
	10:00 TOTAL BODY Sala Rosa	10:00 PILATES Sala Steven	10:00 TONIFICAZIONE Sala Rosa			10:00 30' CUORE 30' TONO Sala Steven	10:00 TONIFICAZIONE Sala Rosa		10:00 PILATES Sala Rosa	10:00 PILATES Sala Steven	
	13:00 SPIN PalaEvolness		13:00 TONIFICAZIONE Sala Rosa				13:00 TONIFICAZIONE Sala Rosa				
13:00 - 14:30 30' CUORE 30' HARD FIT 30' MENTE Sala Steven	13:00 FUNZIONALE Sala Rosa	13:00 PILATES Sala Steven		13:00 - 14:30 30' CUORE 30' HARD FIT 30' MENTE Sala Steven	13:00 PILATES Sala Rosa	13:00 PILATES Sala Steven		13:00 - 14:30 30' CUORE 30' HARD FIT 30' MENTE Sala Steven	13:00 FUNZIONALE PalaEvolness		
	15:30 - 17:30 PERSONAL GYM Sala Olos		16:30 - 19:30 PERSONAL GYM Sala Olos				16:30 - 19:30 PERSONAL GYM Sala Olos				
17:00 PILATES Sala Steven		17:00 PILOGA Sala Steven				17:00 YOGA Sala Steven		17:00 PILATES Sala Steven			
	18:00 - 19:00 POWER PUNCH PalaEvolness		18:00 - 19:00 EVOLNESS CROSS PalaEvolness		18:00 - 19:00 POWER PUNCH PalaEvolness		18:00 - 19:00 PILATES con piccoli attrezzi PalaEvolness		18:00 - 19:00 POWER PUNCH PalaEvolness		
18:15 KETTLEBELL Sala Steven	18:30 PILATES/YOGA FUSION Sala Rosa	18:15 TOTAL BODY Sala Steven		18:15 TONIFICAZIONE Sala Steven	18:30 TOTAL BODY Sala Rosa	18:15 STEP COREO Sala Steven		18:30 TONIFICAZIONE Sala Steven	18:00 GROUP CYCLING PalaEvolness		
18:30 - 19:00 FOCUS GLUTEI Sala Fitness	18:30 GROUP CYCLING PalaEvolness		18:20 30' CUORE 30' LADY FIT Mark	18:30 - 19:00 FOCUS ADD+ GAMBE Sala Fitness	18:30 GROUP CYCLING PalaEvolness		18:30 30' CUORE 30' LADY FIT Sala Rosa	18:30 - 19:00 FOCUS MOBILTY Sala Fitness	18:30 TONIFICAZIONE Sala Rosa		
19:15 - 20:15 30' CARDIO 30' MILITARY Sala Steven	19:30 GROUP CYCLING PalaEvolness	19:15 FIT BOXE Sala Steven	19:20 PILATES Angela	19:15 30' CARDIO 30' MILITARY Sala Steven	19:30 CYCLEX PalaEvolness	19:15 PUSH Sala Steven	19:30 PILATES Sala Rosa		19:00 GROUP CYCLING PalaEvolness		
	19:30 STEP Sala Rosa				19:30 STEP Sala Rosa				19:30 STEP Sala Rosa		
	SERVIZIO A PAGAMENTO										