

CORSI DAL 10/11/2025 AL 20/12/2025 – STEVEN SPORTING CLUB

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
08:45 PILATES	09:00 YOGA	08:30 GINNASTICA DOLCE	09:00 YOGA	08:30 TOTAL BODY	
	09:00 – 12:00 PILATES REFORMER		09:00 – 12:00 PILATES REFORMER		09:00 – 10:00 PILATES REFORMER
09:45 CIRCUIT TRAINING	10:00 PILATES	09:30 CIRCUIT TRAINING	10:00 CUORE E TONO	09:30 CIRCUIT TRAINING	10:00 PILOGA
					11:00 FUNZIONALE
13:00 – 15:00 PILATES REFORMER		13:00 – 15:00 PILATES REFORMER		13:00 – 15:00 PILATES REFORMER	
13:00 CIRCUIT TRAINING	13:00 MOBILITY	13:00 30' CARDIO 30' CUORE	13:00 PILATES	13:00 CIRCUIT TRAINING	
17:00 YOGA	17:00 PILOGA	17:00 FUNZIONALE	17:00 YOGA	17:00 30' CARDIO 30' CUORE	
17:00 – 20:00 PILATES REFORMER	17:00 – 20:00 PILATES REFORMER		17:00 – 20:00 PILATES REFORMER	17:00 – 20:00 PILATES REFORMER	
18:15 KETTLEBELL	18:15 TOTAL BODY	18:15 TONIFICAZIONE	18:15 TOTAL BODY	18:15 TONIFICAZIONE	
19:15 CARDIO MILITARY	19:15 ABDOMINAL & STRETCH FLEX FLOW	19:15 CARDIO MILITARY	19:15 ABDOMINAL & STRETCH FLEX FLOW	19:15 FUNZIONALE	