

CORSI DAL 02/03/2026 - STEVEN SPORTING CLUB

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-----------------------------------|---|-----------------------------------|---|-----------------------------------|-----------------------------------|
| 08:50 PILATES | 09:00 YOGA | 08:30 GINNASTICA DOLCE | 09:00 YOGA | 08:30 TOTAL BODY | |
| 08:45 - 11:45 PILATES REFORMER | 09:00 - 12:00 PILATES REFORMER | 09:00 - 12:00 PILATES REFORMER | 09:00 - 12:00 PILATES REFORMER | | 09:00 - 10:00 PILATES REFORMER |
| 09:50 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 YOGA | 13:00 30' CARDIO 30' CUORE | 13:00 YOGA | 13:00 CIRCUIT TRAINING | |
| 17:00 YOGA | 17:00 PILOGA | | 17:00 YOGA | 17:15 WELLNESS GROUP | |
| 17:00 - 20:00 PILATES REFORMER | 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 | | |