

CORSI DAL 08/06/2026 - STEVEN SPORTING CLUB

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
08:30 MOBILITY	09:30 YOGA	08:30 PILATES	09:30 TOTAL BODY	08:30 TOTAL BODY
09:00 - 11:00 PILATES REFORMER	08:00 - 09:00 09:00 - 10:00 PILATES REFORMER	09:00 - 11:00 PILATES REFORMER	08:00 - 09:00 09:00 - 10:00 PILATES REFORMER	09:00 - 11:00 PILATES REFORMER
09:30 CIRCUIT STEVEN		09:30 CIRCUIT TRAINING		09:30 GAG
13:00 - 14:00 PILATES REFORMER		13:00 - 14:00 PILATES REFORMER		13:00 - 14:00 PILATES REFORMER
13:00 CARDIO MILITARY	13:00 TOTAL BODY	13:00 CIRCUIT STEVEN	13:00 TONIFICAZIONE	13:00 CIRCUIT TRAINING
17:30 PILATES	17:30 YOGA		17:30 MOBILITY	
18:00 - 20:00 PILATES REFORMER	18:00 - 20:00 PILATES REFORMER	17:00 - 19:00 PILATES REFORMER	18:00 - 20:00 PILATES REFORMER	17:00 - 19:00 PILATES REFORMER
18:30 CIRCUIT STEVEN	18:30 CARDIO TRAINING	18:30 - 19:15 TONIFICAZIONE	18:30 CARDIO TRAINING	18:30 PUSH POWER
19:30 CARDIO MILITARY	19:30 CARDIO TONO	19:30 STEP	19:30 FITBOXE	