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9:00

9:30

INTERVAL
TRANING 75'
Valentina

GLIDING
GAMBE/GLUTEI
Valentina

10:00

GINNASTICA DOLCE
Alessia

BUSTO/BRACCIA
Valentina

GINNASTICA DOLCE
Brigida

PILATES MATWORK
Jackie

10:30

ADDOMINALI
Valentina

10:45

STRETCHING 15'
Valentina

11:00

BALLI CARAIBICI
Alessia

BODY AND MIND
Alessia

TOTAL WORKOUT
Angela

GAG
Marcel

TOTAL WORKOUT
Valentina

TOTAL
CONDITIONING
Valentina

13:00

TOTAL
CONDITIONING
Danijela

CARDIO WORKOUT
Alessia

BODY POWER
Rocco

CARDIO WORKOUT
con STEP
Alessia

TOTAL WORKOUT
Marcel

13:00

YOGA
Dora

TRX

YOGA
Dora

BEAT IT 45'
Rocco

18:00

TOTAL
CONDITIONING
Ilaria

LATINO
Danijela

PUMP
Rocco

TOTAL WORKOUT
Dorota

18:30

TRX
Jackie

19:00

GAMBE/GLUTEI
ADDOMINALI
Angelo

TOTAL CONDITIONING
Jackie

TRX
Rocco

CARDIO WORKOUT
con STEP
Dorota

BEAT IT - principianti
Rocco

19:00

BEAT IT - avanzati
Rocco

SPINNING *
Maurizio

POWER ROWING
Davide

SPINNING *
Maurizio

20:00

SPINNING *
Maurizio

20:00

BODY FLEX
Jackie