

CORSI FITNESS

DOVE 

SALA GIALLA

PALESTRA D'ATENE0
(CUSAM)

SALA BLU

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
CYCLEX		20:00-21:00		20:00-21:00	
FUNCTIONAL TONIC	19:00-20:00		19:00-20:00		19:00-20:00
GROUP CYCLING®	19:00-20:00		19:00-20:00		19:00-20:00
KICK BOXING PRINCIPIANTI AMATORI AVANZATI AGONISTI		18:30-20:00 20:00-21:30		18:30-20:00 20:00-21:30	
PILATES		19:00-20:00		19:00-20:00	
POSTURALE	18:00-19:00		18:00-19:00		18:00-19:00
POWER STEP	18:00-19:00		18:00-19:00		18:00-19:00
PUGILATO	18:30-20:00 20:00-21:30		18:30-20:00 20:00-21:30		18:30-20:00 20:00-21:30
TECA FREE	8:00-13:30 15:30-17:00	8:00-17:00	8:00-13:30 15:30-17:00	8:00-17:00	8:00-13:30 15:30-17:00
TECA SWITCHING TURNI DA 30 MINUTI	13:30-14:00 14:00-14:30 14:30-15:00 15:00-15:30		13:30-14:00 14:00-14:30 14:30-15:00 15:00-15:30		13:30-14:00 14:00-14:30 14:30-15:00 15:00-15:30
PILATES FUSION		18:00-19:00		18:00-19:00	
ZUMBA		19:00-20:00		19:00-20:00	
ZUMBA FITNESS	9:00-10:00		9:00-10:00		
CARDIO FITNESS E SALA PESI	DAL LUNEDÌ AL VENERDÌ 8:00-22:00 SABATO 9:00-19:00				