

# PLANNING - VALIDO DAL 9 GENNAIO 2023



## **PILATES**

9:30 - 10:15

## **PANCAFIT**

10:15 - 11:00

## **POWER GAG**

12:45 - 13:30

## **PANCAFIT**

14:15 - 15:00

## **POSTURALE**

15:00 - 15:45

## **PANCAFIT**

15:45 - 16:30

## **ATTACK**

18:15 - 19:15

## **BOXE**

18:30 - 20:30

## **CORE**

19:15 - 19:45

## **BODY PUMP**

12:45 - 13:45

## **POWER YOGA**

17:15 - 18:15

## **BODY PUMP**

18:15 - 19:15

## **BODY COMBAT**

19:15 - 20:00

## **CHALLENGE**

## **RIDE**

10:00 - 11:00

## **STEP TONE**

18:15 - 19:15

## **SPARTAN CIRCUIT**

## **TRAINING**

18:30 - 19:30

## **BOXE**

18:30 - 20:30

## **CYCLING**

19:15 - 20:15

## **PILATES**

9:30 - 10:15

## **TRX**

10:30 - 11:15

## **BODY PUMP**

13:00 - 14:00

## **POWER YOGA**

17:15 - 18:15

## **BODY PUMP**

18:30 - 19:30

## **CYCLING**

12:45 - 13:45

## **PANCAFIT**

14:15 - 15:00

## **POSTURALE**

15:00 - 15:45

## **PANCAFIT**

15:45 - 16:30

## **GRITT**

18:30 - 19:00

## **BOXE**

18:30 - 20:30