



SEMPRE ATTENTI AL TUO BENESSERE

ORARIO stagione 2025-26

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ'	GIOVEDÌ'	VENERDÌ'	SABATO
10.30	TOTAL BODY CIRCUIT Emanuela A	FIT POSTURAL Giulia A	BODY TONE Alessia A	FIT POSTURAL Giulia A	TOTAL BODY CIRCUIT Emanuela A	TOTALBODY CIRCUIT Emanuela A
11.30						ZUMBA Laura A
13.30	STEP GLOBAL TONE Leonardo A	TOTAL BODY CIRCUIT Berta A	FUNCTIONAL PILATES Roberta A	STEP DANCE Berta A	TONE CIRCUIT TRG Roberta A	
14.00						STEP COREO Loredana A
15.30					PILATES WITH SMALL PROPS Roberta A	
16.30	PILATES Alessia A				BODY TONE Alessia A	
					YOUNG CALISTHENICS Gianluca X	
17.30	FUNCTIONAL PILATES Roberta A		STRETCH PILATES Roberta A			
	YOUNG CALISTHENICS Gianluca X					
	KARATE U13 Claudio B			KARATE U13 Claudio B		
18.00					PILATES Roberta A	
					CALISTHENICS Gianluca X	
18.15		TOTAL BODY CIRCUIT Emanuela A		TOTAL BODY CIRCUIT Emanuela A		
18.30	FITBOXE Loriano A		CROSS TRAINING Berta A			
18.30	KARATE OVER 14 Claudio B			KARATE OVER 14 Claudio B		
19.00		ZUMBA Laura B	CARDIO FUNCTIONAL Amarildo B		STEP FUNCTIONAL Amarildo A	
19.15		INTENSITY CROSSOVER Nicoletta X		INTENSITY CROSSOVER Nicoletta X		
19.20	CROSS TRAINING Berta A					
19.30			FI BOXE Loriano A			