

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:15	FUNZIONALE		STEP TONO		PUMP 60'	
10:00		GINNASTICA DOLCE		GINNASTICA DOLCE		9:30 HEAT
10:15	TRX	HEAT	TRX	HEAT		
10:15	YOGA		PILATES		10:30 PILATES	10:30 JOLLY
11:00		PANCAFIT		PANCAFIT		
11:15	PILATES		YOGA		PANCAFIT	
12:45	PUMP 60'	PILATES	TABATA	PILATES	CIRCUIT TRAINING	
13:00			HEAT			
17:15		TRX		TRX		
17:30	ADDOME 30'	HEAT	ADDOME 30'		17:45 HEAT	
18:00				HEAT		
18:15	PUMP 60'	CIRCUIT TRAINING	FUNCTIONAL	PUMP 60'		
18:15	HIGH INTENSITY INTERVAL TRAINING					
18:30	INDOOR CYCLING	HEAT	INDOOR CYCLING	18:45 PILATES	18:45 TRX	
19:15	REBOUND	BODY STRONG	REBOUND			
19:30				HIGH INTENSITY INTERVAL TRAINING		
19:30	PILATES	YOGA	STRETCHING	YOGA	PILATES	
20:15	HEAT		HEAT			

■ CARDIO
■ FUNZIONALE
■ TONO
■ BODY&MIND

newera

CENTRO FITNESS & THERMARIUM