

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:15	FUNZIONALE		STEP TONO	SLIM TOTAL BODY	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	JOLLY
12:45	PUMP	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	CARDIO TRAINING	FUNCTIONAL	PUMP		
18:15	REBOUND					
18:30	INDOOR CYCLING	HEAT	INDOOR CYCLING			
18:45		PILATES		PILATES	TRX	
19:15	TRX	BODY STRONG	STEP TONO	19:30 REBOUND		
19:30	PILATES	YOGA	STRETCHING	YOGA	PILATES	
20:15	HEAT		TRX CIRCUIT			

■ CARDIO
■ TONO
■ FUNZIONALE
■ BODY&MIND

newera
 CENTRO FITNESS & THERMARIUM