

# Orari mensili SALA CORSI

## Mattino/Ora pranzo

### **Lunedì**

09.20/10.15.....GAG  
13.20/14.15.....Iron Conditioning – All. Funzionale

### **Martedì**

09.00/09.55.....GAG  
10.00/10.55.....Ginnastica Dolce  
13.20/14.15.....Functional GAG

### **Mercoledì**

09.20/10.15.....Pilates  
13.20/14.15.....Functional GAG

### **Giovedì**

09.00/09.55.....GAG  
10.00/10.55.....Ginnastica Dolce  
13.20/14.15.....Functional GAG

### **Venerdì**

09.20/10.15.....Pilates  
13.20/14.15.....Iron Conditioning – All. Funzionale

### **Sabato**

10.00/10.55.....Pilates

# Pomeriggio/Sera

## Lunedì

17.00/17.55.....Pilates  
18.00/18.55.....Piloxing Barre  
19.00/19.55.....Iron Conditioning – All. Funzionale  
20.00/20.55.....Fit-Boxe

## Martedì

17.00/17.55.....Zumba  
18.00/18.55.....Piloxing  
19.00/19.55.....Fit-Boxe  
20.00/20.55.....Krav Maga - MMA

## Mercoledì

17.00/17.55.....Functional GAG  
18.00/18.55.....Pilates  
19.00/19.55.....Fit-Boxe  
20.00/20.55.....Krav Maga - MMA

## Giovedì

17.00/18.00.....Piloxing  
18.00/19.00.....Zumba  
19.00/20.00.....Fit-Boxe  
20.00/21.00.....Krav Maga - MMA

## Venerdì

17.00/18.00.....Tonificazione  
18.00/19.00.....Fit-Boxe  
19.00/20.00.....Iron Conditioning – All. Funzionale  
20.00/21.00.....Krav Maga – MMA