

ORARI 2020

ARENA CLUB

SALA CORSI

1/2

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

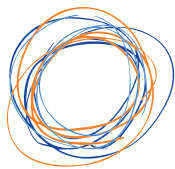
SABATO

YOGA 7:15-8:00		YOGA 7:15-8:00		YOGA 7:15-8:00	
	GRIT 7:45-8:15		RPM (BIKE) 7:45-8:30		
BODY PUMP 9:15-10:00	BIOBALANCE 9:15-10:00	CARDIO TONE 9:15-10:00	BIOBALANCE 9:15-10:00	RPM (BIKE) 9:15-10:00	
G. DOLCE 10:15-11:00	BODY COMBAT 10:15-11:00	G. DOLCE 10:15-11:00	BODY PUMP 10:15-11:00	G. DOLCE 10:15-11:00	BODY PUMP 10:15-11:00
VIRTUAL BIKE 11:15-13:00		VIRTUAL BIKE 11:15-13:00	VIRTUAL BIKE 11:15-13:00		ACROFAMILY 11:15-12:00
					VIRTUAL BIKE 12:15-14:00
BODY PUMP 13:15-14:00	RPM (BIKE) 13:15-14:00	BODY PUMP 13:15-14:00	CARDIO TONE 13:15-14:00	BIOBALANCE 13:15-14:00	
G. DOLCE 16:00-16:45			G. DOLCE 16:00-16:45		
BODY COMBAT 18:15-19:00	RPM (BIKE) 18:15-19:00	BODY PUMP 18:15-19:00	GRIT 18:15-18:45	BIOBALANCE 18:15-19:00	
BODY PUMP 19:15-20:00	BIOBALANCE 19:15-20:00	BODY COMBAT 19:15-20:00	RPM (BIKE) 19:15-20:00	BODY PUMP 19:15-20:00	
GRIT 20:15-20:45	YOGA 20:15-21:00	GRIT 20:15-20:45	YOGA 20:15-21:00	VIRTUAL BIKE 20:15-21:15	

BASSO IMPATTO

MEDIO IMPATTO

ALTO IMPATTO



ORARI 2020

ARENA CLUB

AREA FUNZIONALE

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ

FUNCTIONAL INDOOR 7:45-8:30		FUNCTIONAL INDOOR 7:45-8:30		FUNCTIONAL INDOOR 7:45-8:30
	FUNCTIONAL OUTDOOR 9:30-10:15		FUNCTIONAL INDOOR 9:30-10:15	
		FLEXIBILITY 11:00-11:30		
FLEXIBILITY 11:30-12:00				
FUNCTIONAL OUTDOOR 13:30-14:15	FUNCTIONAL INDOOR 13:30-14:15	FUNCTIONAL OUTDOOR 13:30-14:15	FUNCTIONAL INDOOR 13:30-14:15	FUNCTIONAL INDOOR 13:30-14:15
		FUNCTIONAL INDOOR 15:00-15:45		FLEXIBILITY 15:00-15:30
	ACROFLOOR WORK 15:45-17:00			ACROFLOOR WORK 15:45-17:00
FUNCTIONAL INDOOR 17:00-17:45	A.S.T.A. INT./AV. 17:00-18:30	FLEXIBILITY 17:45-18:15	FLEXIBILITY 17:45-18:15	A.S.T.A. INT./AV. 17:00-18:30
		FUNCTIONAL INDOOR 18:30-19:15		FUNCTIONAL INDOOR 18:30-19:15
FUNCTIONAL INDOOR 19:30-20:15	A.S.T.A. ADULTI 19:30-20:30		FUNCTIONAL INDOOR 19:30-20:15	FLEXIBILITY 19:45-20:15
				A.S.T.A. ADULTI 19:30-21:15
		FUNCTIONAL INDOOR 20:30-21:15		FUNCTIONAL INDOOR 20:30-21:15

 BASSO IMPATTO	 MEDIO IMPATTO	 ALTO IMPATTO
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