

# ORARIO PROGRAMMA CORSI Estate 2021

LUNEDI OPENING 08.00 – 22.00		MARTEDI OPENING 06.30 – 22.00		MERCOLEDI OPENING 08.00 – 22.00		GIOVEDI OPENING 06.30 – 22.00		VENERDI OPENING 08.00 – 22.00		SABATO OPENING 09.00 13.00	
		06.45 07.30	Yoga			06.45 07.30	Functional TM Training				
				08.30 09.15	Yoga in the Park						
09.15 10.00	Pilates Program	09.15 10.00	Functional TM Outdoor			09.15 10.00	LesMills Tone	09.15 10.00	Yoga in the Park	09.15 10.00	LesMills Body Pump
10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax			10.15 11.15	Aqua Relax	10.15 11.15	Aqua Relax
		12.50 13.50	Aqua Relax			12.50 13.50	Aqua Relax				
15,30 16.30	Aqua Relax							15,30 16.30	Aqua Relax		
17.30 18.15	Functional TM Outdoor	17.30 18.15	Pilates in the Park	17.30 18.15	LesMills Body Pump	17.30 18.15	Yoga in the Park	17.30 18.15	GroupBoxing Academy		
18.30 19.15	LesMills Tone	18.30 19.15	Walking Program	18.30 19.15	Functional TM Outdoor	18.30 19.15	Walking Program				
19.30 20.30	Yoga in the Park	19.45 21.00	Functional TM X-Fit	19.30 20.15	Yoga in the Park	19.45 21.00	Functional TM X-Fit				
		20.30 21.30	Aqua Relax			20.30 21.30	Aqua Relax				

Il programma può subire variazioni.

Si raccomanda la massima puntualità.

Non è consentito l'accesso al corso a lezione iniziata.