

Programma corsi

Tutti i corsi sono su prenotazione. Scarica l'app My Wellness.

SALA		7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
venerdì	STUDIO 1 body & mind			Hatha Yoga Alex	Med. Mik					Yoga Naveeta			Pilates Duccio	Vinyasa Yoga Michela P.	Med. Mik		
	STUDIO 2 tone		BackSchool Marina	Body Tone Nicola	Pilates Nicola			B. Tone Nicola		Body Tone Sara							
	STUDIO 3 fit & fun																
	STUDIO 4 cycling													G. Cycling Mario	H.E.A.T. Mario		
	STUDIO 5 easy			Grit Jacqueline	Zumba Miguel			Grit Jacqueline	Mobility Lorenzo				B. Pump Alessio	Dance Alessio	Body Tone Nicola		
sabato	STUDIO 1 body & mind			Pilates Alex	Vinyasa Yoga Alex			Yoga Alex					Pilates Concetta	Anusara Yoga Concetta			
	STUDIO 2 tone							Body Tone Duccio						Body Tone Alex	FitBoxe Massimo		
	STUDIO 3 fit & fun																
	STUDIO 4 cycling			G. Cycling Duccio				G. Cycling Duccio						Cycling Luigi			
	STUDIO 5 easy		Tabata Barbara	Dance Barbara	Body Tone Barbara				Pilates Alex	Hatha Yoga Alex			Functional Barbara	Step Barbara	B. Attack Jaqueline		
domenica	STUDIO 1 body & mind			Yoga Naveeta	Alignment Y. Lorenzo			Pilates Concetta	Med. Mik		Yoga Dolce Concetta				Yoga Naveeta		
	STUDIO 2 tone		Back School Marina	Pilates Nicola	Body Tone Nicola					Body Tone Concetta				Body Pump Andrea			
	STUDIO 3 fit & fun																
	STUDIO 4 cycling				H.E.A.T. Duccio									G. Cycling Duccio			
	STUDIO 5 easy		Body Tone Giorgio	Functional Giorgio	Dance Giorgio			Circuit Sara					Pilates Duccio	Alignment Y. Lorenzo	Functional Andrea		
martedì	STUDIO 1 body & mind			Pilates Alex	Vinyasa Yoga Alex			Yoga Naveeta					Yoga Naveeta	Pilates Luca			
	STUDIO 2 tone			Super GAG Nicola	Body Tone Duccio										Body Pump Luca		
	STUDIO 3 fit & fun																
	STUDIO 4 cycling			G. Cycling Duccio				G. Cycling Duccio						Cycling Luigi			
	STUDIO 5 easy			Zumba Elena	TRX Nicola			TRX Sara	Body Tone Duccio	Pilates Alex	Hatha Yoga Alex		Body T. Luca	GAG Miguel	Zumba Miguel		
mercoledì	STUDIO 1 body & mind		Back School Marina	Pilates Concetta	Anusara Yoga Concetta			Yoga Concetta						Pilates Concetta	Anusara Yoga Concetta		
	STUDIO 2 tone				Zumba Alessandro					G.A.G. Sara							
	STUDIO 3 fit & fun																
	STUDIO 4 cycling			H.E.A.T. Duccio										G. Cycling Duccio			
	STUDIO 5 easy			Step Barbara	Body Tone Barbara	B. Pump Alessandro	Circuit Barbara						Pilates & More Romina	Body Tone Romina			
venerdì	STUDIO 1 body & mind			Yoga a rotazione													
	STUDIO 2 tone				Body Tone a rotazione												
	STUDIO 3 fit & fun																
	STUDIO 4 cycling						H.E.A.T. a rotazione										
	STUDIO 5 easy			Lezione a rotazione													
sabato	STUDIO 1 body & mind																
	STUDIO 2 tone				Body Tone a rotazione												
	STUDIO 3 fit & fun																
	STUDIO 4 cycling																
	STUDIO 5 easy																
domenica	STUDIO 1 body & mind																
	STUDIO 2 tone					Body Tone a rotazione					Yoga a rotazione						
	STUDIO 3 fit & fun																
	STUDIO 4 cycling							G. Cycling a rotazione									
	STUDIO 5 easy				Lezione a rotazione												

La Direzione si riserva la possibilità di effettuare modifiche nel corso della stagione.

