

## ORARIO SALA PESI

LUNEDI : 10.00 – 22:00  
 MARTEDI : 10.00 – 22.00  
 MERCOLEDI : 10.00 – 22.00  
 GIOVEDI : 10.00 – 22.00  
 VENERDI : 10.00 – 22.00  
 SABATO : 10.00 -14.00



## ORARIO CORSI

	LUNEDI	MARTEDI
	<b>Spinning</b> 13:30 14:30 Sala 3 - Andrea	<b>Ginnastica Medica</b> 10:00 – 11:00 Sala 2 – Andrea/Federica
	<b>Kettlebells</b> 18.40 – 19.30 Sala 1 – Gianluca / Bledar	<b>Spartan</b> 13:00 – 14:00 Sala 1/ Area Esterna- Francesco
	<b>Pole Dance Base</b> 19:30 – 20:30 Sala 2 - Annalisa	<b>Total Body Hiit</b> 13:15 – 14:15 Sala 1 - Vita
	<b>Pole Dance Base</b> 20:30 – 21:30 Sala 2 - Annalisa	<b>Pole Dance (12 /16 Anni)</b> 17:00 -18:00 Sala 2 - Annalisa
		<b>Pole Dance Base</b> 18:00 – 19:00 Sala 2 - Annalisa
		<b>Cardio Training</b> 19:00 – 20:00 Sala 2 – Flavio
		<b>Pole Dance Base</b> 20:00 – 21:00 Sala 2 - Annalisa
		<b>Pole Dance Base</b> 21:00 – 22:00 Sala 2 - Annalisa

MERCOLEDI	GIOVEDI	VENERDI
<b>Kettlebells</b> 18.40 – 19.30 Sala 1 – Gianluca / Bledar	<b>Spartan</b> 13:00 – 14:00 Sala 1/ Area Esterna- Francesco	<b>Ginnastica Medica</b> 10:00 – 11:00 Sala 2 – Andrea/Federica
<b>Spartan</b> 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/Area Esterna- Stefano	<b>Total Body Hiit</b> 13:15 – 14:15 Sala 1 - Vita	<b>Addominali</b> 19:00 – 19:30 Sala 1/Sala 3- Flavio
<b>Pole Dance Base</b> 19:30 – 20:30 Sala 2 - Annalisa	<b>Pole Dance (12 /16 Anni)</b> 17:00 -18:00 Sala 2 - Annalisa	<b>Spinning</b> 19:30 20:30 Sala 3 - Andrea
<b>Spinning</b> 19:30 20:30 Sala 3 - Andrea	<b>Pole Dance Base</b> 18:00 – 19:00 Sala 2 - Annalisa	<b>Spartan</b> 19:30 – 20:30 (Adulti e Ragazzi 12-15 Anni) Sala Pesi/ Area Esterna - Stefano
<b>Pole Dance Base</b> 20:30 – 21:30 Sala 2 - Annalisa	<b>Cardio Training</b> 19:00 – 20:00 Sala 2 – Flavio	
	<b>Pole Dance Base</b> 20:00 – 21:00 Sala 2 - Annalisa	
	<b>Pole Dance Base</b> 21:00 – 22:00 Sala 2 - Annalisa	