

SALA UNO

ORE	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
09:45	LOW BODY TRAIN 30'						
10:00			UPPER BODY 30'				STEP&TONE 10:15 45' prenot.
10:30		POSTURAL CIRCUIT 60'			POSTURAL CIRCUIT 60'		
11:00	HATHA YOGA 60'			HATHA YOGA 60'		ZUMBA 60'	UP.BODY SYSTEM 30' prenot.
12:00						STEP&TONE 60'	FULL BODY 11:30 45' prenot.
13:00	CARDIO STEP 60'	PILATES MAT 60'	FUNCTIONAL TONE 60'	CARDIO CIRCUIT 60'	FUNCTIONAL BURN 60'	FUNCTIONAL TR. prenot.	
15:30	FITBALL 45'		PILATES TOOLS 45'				
16:00					DINAMIC TONE 60'		
16:30							
17:00		HATHA YOGA 60'			HATHA YOGA 60'		
17:15			STRETCHING 45'				
17:30	STRETCHING 30'			POSTURAL TOTAL BODY 45'			
18:00	AEROBIC CIRCUIT 45'	STEP 60'	G.A.G. 45'	FUNCTIONAL 18:15 45'	STEP 60'		
18:45	INTERVAL TRAIN 45'	FUNCTIONAL TR. 19:00 45'	PUMP 45'	TBW 19:00 45'	19:00 TOTAL BODY 60'		
19:30	PILATES MAT 45'	FUNCTIONAL TR. 19:45 45'	CIRCUIT TRAIN 60'	FITBOXE 19:45 45'			
20:15	ZUMBA 60'	20:30 PUMP prenotazione 60'		20:30 PUMP Prenotazione 60'			

FASHION ROOM (prenotazione obbligatoria tramite app. o sito internet www.fashionfitness.it)

ORE	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
11:00						GROUP CYCLING	
13:15	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING		
18:00	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING			
18:30					GROUP CYCLING		
19:00	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING	GROUP CYCLING			

GRAVITY PILATES (prenotazione obbligatoria tramite app. o sito internet www.fashionfitness.it)

ORE	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
10:15	G. PILATES						
10:30			G. PILATES				
13:00							
13:30							
15:15					PILATES GTS		
15:30							
17:30	G. PILATES						
17:45		G. PILATES					
18:15	G. PILATES			G. PILATES	G. PILATES		
18:30		G. PILATES	G. PILATES				
19:00	G. PILATES			G. PILATES			
19:15		G. PILATES	G. PILATES				