


































Orario corsi

LEZIONI CON ISTRUTTORE

Lezioni con istruttori altamente qualificati
musiche fortemente accattivanti
stili di insegnamento innovativi

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
Ore 10.00			Yoga 			
Ore 13.15	G.a.g.  	Circuit training  	T.b.w.  	Circuit training  	Pilates 	
Ore 18.00	Yoga 	G.a.g.  	Piloga 	T.b.w.  	T.b.w. (ore 18.30)  	
Ore 19.00	T.b.w.  	Pilates 	Zumba  	Yoga 	Spinning (ore 19.30) 	
Ore 20.00	Pilates 	Spinning 	T.b.w.  	Circuit training  		

 = cardio / dimagrimento  = tonificazione  = olistico

MINI-CLASS MAX 8 PERSONE



SOLO SU PRENOTAZIONE

PROGRAMMA SETTIMANALE

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
Ore 13.15						
Ore 18.30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
Ore 19.30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
Ore 20.30						

LISTINO PREZZI

	ABBONATI	NON ABBONATI
LEZIONE SINGOLA	10	15
10 LEZIONI	80	120
20 LEZIONI	145	
30 LEZIONI	210	