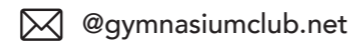
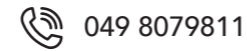
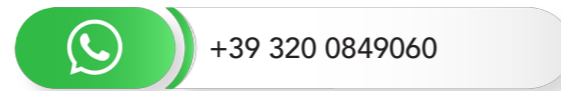
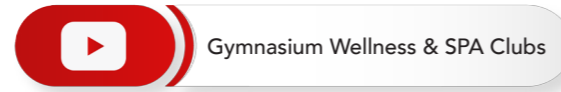
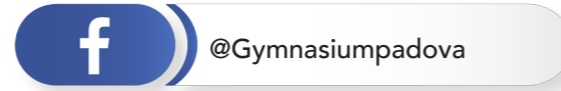
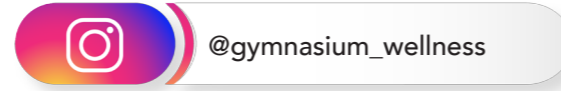


Venerdì

AEROTONE	9.30	Fitness Room	60 min
HATHA YOGA	11.00	Wellness Room	60 min
FIT PILATES	13.00	Wellness Room	60 min
STEP TONE	13.15	Energy Room	60 min
FLYING TRAINING	13.15	Fitness Room	60 min
FULL BODY CIRCUIT	18.30	Energy Room	60 min
VINYASA FLOW YOGA	19.00	Wellness Room	60 min

Sabato

YIN YOGA dal 01/10	9.30	Wellness Room	60 min
FUNCTIONAL TRAINING dal 01/10	11.00	Energy Room	60 min



La nostra **mission**, fin dal 1987, è quella di diffondere la cultura del wellness, promuovendo uno stile di vita sano e di qualità. La nostra **scelta** è quella di offrire solo servizi di alto livello e una grande varietà di programmi di allenamento, con le eccellenze di un team competente che continua a formarsi per essere sempre all'avanguardia, in ambienti puliti e salubri.



Scarica la nostra APP (MyAppy user) e usa il QR code per registrarti



FITNESS ROUTINE
2021 - 2022

Lunedì

AEROTONE	9.30	Fitness Room	60 min
PANCAFIT	10.00	Wellness Room	45 min
FIT PILATES	11.00	Wellness Room	60 min
PILATES	13.00	Wellness Room	60 min
WALKING	13.15	Fitness Room	60 min
BODYSCULPT	13.15	Energy Room	60 min
GROUP CYCLING	18.15	Fitness Room	60 min
BODY STRONG	18.30	Energy Room	60 min
YOGAFIT	18.30	Wellness Room	60 min
FLYING TRAINING	19.15	Fitness Room	45 min
SUPERJUMP	19.30	Energy Room	60 min

Martedì

FUNCTIONAL TRAINING	6.40	Energy Room	50 min
ZUMBA	9.30	Energy Room	60 min
HATHA YOGA	13.00	Wellness Room	60 min
GAG & TONE	13.15	Energy Room	60 min
GROUP CYCLING	13.15	Fitness Room	60 min
WALKING & TONE	18.00	Fitness Room	60 min
PANCA FIT <small>dal 13/09</small>	18.00	Wellness Room	60 min
FUNCTIONAL TRAINING	18.30	Energy Room	60 min
SPINNING PRO	19.00	Fitness Room	60 min
YOGAFIT	19.00	Wellness Room	60 min
ZUMBA	19.30	Energy Room	60 min
PILATES	20.00	Wellness Room	60 min

Mercoledì

TOTAL BODY WORKOUT	9.30	Fitness Room	60 min
FIT PILATES	11.00	Wellness Room	60 min
YOGAFIT	13.00	Wellness Room	60 min
UPPER & GAG	13.15	Energy Room	60 min
WALKING	13.15	Fitness Room	60 min
SUPERJUMP	18.00	Energy Room	60 min
GROUP CYCLING	18.45	Fitness Room	60 min
FIT BOXE	19.00	Energy Room	60 min
YIN YOGA	19.00	Wellness Room	60 min
PILATES SUSPENSION	19.45	Fitness Room	45 min

Giovedì

FLYING TRAINING <small>dal 13/09</small>	6.40	Fitness Room	50 min
WALKING & CARDIO	9.30	Fitness Room	45 min
PANCAFIT	10.30	Wellness Room	45 min
VINYASA YOGA	13.00	Wellness Room	60 min
FUNCTIONAL TRAINING	13.15	Energy Room	60 min
GROUP CYCLING	13.15	Fitness Room	60 min
PANCAFIT	18.00	Wellness Room	60 min
FUNCTIONAL TRAINING	18.30	Energy Room	60 min
WALKING & CARDIO	19.00	Fitness Room	60 min
PILATES	19.00	Wellness Room	60 min
ZUMBA	19.30	Energy Room	60 min
STRETCH SCHIENA LIBERA	20.00	Fitness Room	60 min
YOGA	20.00	Wellness Room	60 min