

CORSI IN VIRTUAL DOME

ORARIO dal 01/08 al 03/09/22

LUNEDÌ MARTEDÌ MERCOLEDÌ GIOVEDÌ VENERDÌ SABATO

07:15 - 08:00 CYCLING		07:05 - 07:50 PUMP		07:15 - 08:00 WALKING	
08:15 - 08:40 ABS		07:55 - 08:40 PILATES		08:15 - 09:00 GAG	
09:00 - 09:45 BODY&MIND	09:30 - 10:15 WALKING	08:45 - 09:30 GAG	09:30 - 10:15 GAG	09:30 - 10:15 PILATES	09:15 - 10:00 TOTAL TONE
10:00 - 10:45 TOTAL TONE	10:30 - 11:15 YOGA	09:45 - 10:30 BODY&MIND	10:30 - 11:15 PUMP	10:30 - 11:15 TOTAL TONE	10:15 - 11:00 PILATES
11:00 - 11:45 PILATES	11:30 - 12:15 TOTAL TONE	10:45 - 11:30 LATIN DANCE	11:30 - 12:15 PILATES	11:30 - 12:15 PUMP	11:15 - 12:00 GAG
12:00 - 12:45 LATIN DANCE	12:25 - 12:50 ABS	11:45 - 12:30 YOGA	12:20 - 12:45 GAG SHORT	12:20 - 12:45 ABS	12:15 - 13:00 PUMP
13:00 - 13:45 CYCLING	13:00 - 13:45 BODY&MIND	12:45 - 13:30 TOTAL TONE	13:00 - 13:45 WALKING	13:00 - 13:45 PILATES	13:15 - 14:00 CYCLING
14:00 - 14:45 PUMP	14:00 - 14:45 GAG	13:45 - 14:30 PILATES	14:00 - 14:45 LATIN DANCE	14:00 - 14:45 YOGA	14:15 - 15:00 YOGA
15:00 - 15:45 GAG	15:00 - 15:45 LATIN DANCE	14:45 - 15:30 STEP	15:00 - 15:45 TOTAL TONE	15:00 - 15:45 BODY&MIND	15:15 - 15:40 GAG SHORT
16:00 - 16:45 FIT&BOXE	16:00 - 16:25 GAG SHORT	15:45 - 16:30 FIT&BOXE	16:00 - 16:45 STEP	16:00 - 16:45 LATIN DANCE	
17:00 - 17:45 YOGA	16:30 - 17:15 PUMP	16:45 - 17:30 BODY&MIND	17:00 - 17:45 FIT&BOXE	17:00 - 17:45 TOTAL TONE	
18:00 - 18:25 GAG SHORT	17:30 - 18:15 PILATES	17:45 - 18:10 ABS	17:50 - 18:15 ABS	18:00 - 18:45 FIT&BOXE	
18:30 - 19:15 STEP	18:30 - 19:15 WALKING	18:30 - 19:15 PUMP	18:30 - 19:15 WALKING	19:00 - 19:45 CYCLING	
19:30 - 20:15 TOTAL TONE	19:30 - 20:15 FIT&BOXE	19:30 - 20:15 YOGA	19:30 - 20:15 PILATES	20:00 - 20:45 WALKING	
20:30 - 21:15 YOGA	20:30 - 21:15 BODY&MIND	20:30 - 21:15 TOTAL TONE	20:30 - 21:15 GAG	21:00 - 21:45 PILATES	

	TONIFICAZIONE
	BODY&MIND
	CARDIO

È SEMPRE ATTIVO SU RICHIESTA IL SERVIZIO
ON DEMAND

CHIEDI IN RECEPTION COME POTER SEGUIRE
IL TUO CORSO PREFERITO NEL GIORNO E
NELL'ORARIO CHE VUOI TU!

VIRTUAL DOME FITNESS FACTORY

#VERY
TRAINED
PEOPLE

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