

# CORSI IN VIRTUAL DOME ORARIO AGOSTO 2021

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
07:15 - 08:00 CYCLING		07:15 - 08:00 CYCLING		07:15 - 08:00 WALKING	
08:15 - 08:40 VINYASA		08:15 - 08:40 GAG SHORT		08:15 - 08:40 VINYASA	
09:00 - 09:45 BODY&MIND		08:50 - 09:15 ABS		09:00 - 09:45 PILATES	
10:00 - 10:45 TOTAL TONE	09:30 - 10:15 WALKING	09:30 - 10:15 BODY&MIND	09:15 - 10:00 TOTAL TONE		09:15 - 09:40 VINYASA
11:00 - 11:45 PILATES	10:30 - 11:15 BODY&MIND	10:20 - 11:05 KOMBAT	10:15 - 11:00 YOGA	10:00 - 10:45 PUMP	10:00 - 10:45 CYCLING
12:00 - 12:25 ABS	11:30 - 12:15 YOGA	11:20 - 12:05 GAG	11:10 - 11:55 PUMP	11:00 - 11:45 TOTAL TONE	11:00 - 11:45 YOGA
12:30 - 12:55 GAG SHORT	12:30 - 12:55 GAG SHORT	12:15 - 12:40 ABS	12:00 - 12:25 GAG SHORT	12:00 - 12:45 YOGA	12:00 - 12:45 STEP
13:00 - 13:45 CYCLING	13:00 - 13:45 BODY&MIND		12:30 - 12:55 ABS		13:00 - 13:45 TOTAL TONE
14:00 - 14:45 TOTAL TONE	14:00 - 14:25 ABS	12:45 - 13:30 TOTAL TONE	13:00 - 13:45 CYCLING	13:00 - 13:45 PILATES	14:00 - 14:45 PUMP
15:00 - 15:45 PILATES	14:30 - 15:15 PUMP	13:40 - 14:25 YOGA	14:00 - 14:25 GAG SHORT	14:00 - 14:45 GAG	15:00 - 15:45 PILATES
16:00 - 16:45 PUMP	15:30 - 16:15 TOTAL TONE	14:30 - 15:15 STEP	14:30 - 15:15 YOGA	15:00 - 15:45 BODY&MIND	
17:00 - 17:45 YOGA	16:30 - 17:15 BODY&MIND	15:30 - 16:15 GAG	15:30 - 16:15 KOMBAT	16:00 - 16:45 PILATES	
18:00 - 18:25 GAG SHORT	17:30 - 18:15 PILATES	16:30 - 17:15 TOTAL TONE	16:30 - 17:15 GAG	17:00 - 17:45 STEP	
18:30 - 19:15 STEP	18:30 - 19:15 WALKING	17:30 - 18:15 PUMP	17:30 - 18:15 BODY&MIND	18:00 - 18:45 KOMBAT	
19:30 - 20:15 TOTAL TONE	19:30 - 20:15 KOMBAT	18:30 - 19:15 CYCLING	18:30 - 19:15 TOTAL TONE	19:00 - 19:45 CYCLING	
20:30 - 21:15 YOGA	20:30 - 21:15 BODY&MIND	19:30 - 20:15 YOGA	19:30 - 20:15 PILATES	20:00 - 20:45 BODY&MIND	
		20:30 - 21:15 PILATES	20:30 - 21:15 GAG	20:50 - 21:15 VINYASA	

**VIRTUAL DOME FITNESS**  
**FAKTORY**

#VERY  
FIT  
TRAINED  
PEOPLE

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