

# CORSI IN VIRTUAL DOME ORARIO 2023/2024

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
07:05 - 07:50 TOTAL TONE		07:05 - 07:50 PUMP		07:05 - 07:50 YOGA		
08:00 - 08:25 ABS	08:05 - 08:50 TOTAL TONE	08:00 - 08:25 GAG SHORT	08:05 - 08:50 PUMP	08:00 - 08:45 CYCLING		
08:30 - 09:15 WALKING	09:00 - 09:45 PUMP	08:30 - 09:15 TOTAL TONE	09:00 - 09:45 PILATES	09:00 - 09:45 TOTAL TONE	09:05 - 09:50 YOGA	
09:30 - 10:15 LATIN DANCE	10:00 - 10:45 CYCLING	09:30 - 10:15 LATIN DANCE	10:00 - 10:45 YOGA	09:50 - 11:25 ON DEMAND	10:00 - 10:45 PUMP	10:05 - 10:50 TOTAL TONE
10:20 - 11:55 ON DEMAND	10:50 - 12:25 ON DEMAND	10:20 - 12:40 ON DEMAND	10:50 - 12:40 ON DEMAND	11:30 - 12:15 LATIN DANCE	11:00 - 11:45 PILATES	11:00 - 11:45 WALKING
12:00 - 12:45 PILATES	12:30 - 12:55 ABS	12:45 - 13:30 PUMP	12:45 - 13:30 FIT&BOXE	12:30 - 13:15 TOTAL TONE	12:00 - 12:45 WALKING	12:00 - 12:45 CYCLING
13:00 - 13:45 YOGA	13:00 - 13:45 WALKING	13:35 - 14:20 PILATES	13:45 - 14:30 TOTAL TONE	13:30 - 14:15 CYCLING	13:00 - 13:45 CYCLING	
14:00 - 14:45 GAG	14:00 - 14:45 STEP	14:30 - 15:15 YOGA	14:45 - 15:30 CYCLING	14:20 - 16:25 ON DEMAND	14:00 - 14:45 FIT&BOXE	
15:00 - 15:45 STEP	15:00 - 15:45 PILATES	15:30 - 16:15 TOTAL TONE	15:35 - 17:25 ON DEMAND	16:30 - 17:15 STEP	15:00 - 15:45 TOTAL TONE	
16:00 - 16:45 FIT&BOXE	15:50 - 17:25 ON DEMAND	16:30 - 17:15 WALKING	17:30 - 18:15 TOTAL TONE	17:30 - 18:15 FIT&BOXE		
17:00 - 17:45 TOTAL TONE	17:30 - 17:55 GAG SHORT	17:30 - 18:15 STEP	18:30 - 19:15 FIT&BOXE	18:30 - 19:15 TOTAL TONE		
18:00 - 18:25 ABS	18:00 - 18:45 BODY&MIND	18:30 - 19:15 BODY&MIND	19:30 - 20:15 STEP	19:30 - 20:15 PILATES		
18:30 - 19:15 PUMP	19:00 - 19:45 GAG	19:30 - 20:15 PUMP	20:30 - 21:15 GAG			
19:30 - 20:15 BODY&MIND	20:00 - 20:45 TOTAL TONE	20:20 - 21:50 ON DEMAND				
20:20 - 21:50 ON DEMAND	21:00 - 21:45 WALKING					

**L'ORARIO  
POTRA'  
SUBIRE  
MODIFICHE  
SENZA  
PREAVVISO**

	TONIFICAZIONE		CARDIO
	BODY&MIND		ON DEMAND

**È 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  
FAKTORY**

**#VERY  
TRAINED  
PEOPLE**

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