

CORSI IN VIRTUAL DOME

ORARIO dal 31/07 al 09/09/23

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

**LA
PALESTRA
RIMARRÀ
CHIUSA
DAL 05 AL
20 AGOSTO**

	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**

Centro "Le Vele"
Via Ortigara, 72 - 31040 Signoressa (TV)
tel +39 0423 303333 - mobile +39 393 9451104
info@fitnessfactory.com