

CORSI IN VIRTUAL DOME

ORARIO dal 29/07 al 07/09/24

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

**LA
PALESTRA
RIMARRÀ
CHIUSA
DAL 10 AL
25 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**

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