

ORARIO CORSI 2024/25

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
07:05 - 08:05 ASHTANGA YOGA	09:00 - 09:45 WALKING	07:15 - 08:00 GROUP CYCLING	09:30 - 10:15 TOTAL TONE	07:15 - 08:00 WALKING
07:15 - 08:00 GROUP CYCLING	09:30 - 10:15 POSTURAL	07:15 - 08:00 PILATES	10:30 - 11:15 PANCAFIT	09:30 - 10:15 PILATES
09:00 - 09:45 POSTURAL		09:30 - 10:15 PANCAFIT	MATTINO	
09:00 - 10:15 VINYASA YOGA		10:00 - 10:45 YOGA SCHIENA		
10:00 - 10:45 TOTAL TONE		10:15 - 11:00 GROUP CYCLING		
		12:45 - 13:30 TOTAL TONE		

12:45 - 13:30 TOTAL TONE	13:00 - 13:45 POSTURAL	13:00 - 13:45 GROUP CYCLING	13:00 - 13:45 PANCAFIT	13:00 - 13:45 PILATES
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13:00 - 13:45 GROUP CYCLING

PAUSA PRANZO





17:30 - 18:15 PANCAFIT			17:30 - 18:15 PILATES
18:30 - 19:15 STEP	18:20 - 19:05 TOTAL TONE	18:30 - 19:15 TOTAL TONE	18:20 - 19:05 FIT&BOXE
18:40 - 19:25 GROUP CYCLING	18:30 - 19:15 WALKING	18:40 - 19:25 GROUP CYCLING	18:30 - 19:15 WALKING
18:45 - 20:00 D. VENTRE INTERM.	19:20 - 20:05 FIT&BOXE	19:20 - 20:05 PANCAFIT	19:20 - 20:05 TOTAL TONE
19:30 - 20:15 TOTAL TONE	19:30 - 20:15 PILATES	19:30 - 20:30 POWER YOGA	19:30 - 20:15 POSTURAL
20:00 - 21:30 D. VENTRE AVANZ.	19:40 - 20:25 GROUP CYCLING		19:40 - 20:25 GROUP CYCLING
20:30 - 21:30 POLE DANCE	20:30 - 21:30 ASHTANGA YOGA		20:20 - 21:50 DANZA AEREA

SERA



SABATO (DA OTTOBRE)	10:00 - 11:00 GROUP CYCLING
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DOMENICA (DA NOVEMBRE)	10:30 - 11:30 GROUP CYCLING
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	STRETCH & RELAX
	TONIFICAZIONE
	STRETCH & TONE
	CARDIOVASCOLARE

	CYCLING
	EXTRA FITNESS

LE ATTIVITÀ SI SVOLGERANNO
CON UN MINIMO DI
5 PARTECIPANTI.
PRENOTAZIONE OBBLIGATORIA
TRAMITE LA NOSTRA APP.

FITNESS FAKTORY

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