

Programmazione **FITNESS** stagione sportiva 2024-2025

Green Studio - Piano Terra

Lunedì

18:30  **Posturale**
19:15 stretching, gym

Green Studio - Piano Terra

Giovedì

09:00  **Workout**
09:45 toning, circuit, gym

18:30  **Posturale**
19:15 stretching, gym


19:15  **G.A.G.**
20:00 toning, cardio

Green Studio - Piano Terra

Martedì

09:00  **Workout**
09:45 toning, circuit, gym

18:30  **G.A.G.**
19:15 toning, cardio

19:15  **Zumba Fitness**
20:00 cardio, Intermittent

Gold Studio - Primo Piano

Venerdì

18:00  **Pilates**
18:45 toning, postural

Gold Studio - Primo Piano

Mercoledì

18:00  **Pilates**
18:45 toning, postural

Green Studio - Piano Terra

Sabato

09:00  **Stretching**
09:45

09:45  **Full Body**
10:30 toning, postural



LEGGERO



INTENSO



ALLENANTE



TONIFICANTE

