

ORARIO SALE FITNESS 25/26					
LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
	08:30 POSTURALE	08:30 VIRTUAL TOTAL BODY	08:30 POSTURALE		09:00 METABOLIC WORK OUT
09:30 PILATES	09:30 POSTURALE	09:30 PILATES	09:30 POSTURALE		
13:30 Indoor Cycling	14:10 VIRTUAL PILATES	13:30 PUMP		13:30 STEP FUNZIONALE	
15:00 YOGA			15:00 YOGA		
	16:00 POSTURALE			16:00 POSTURALE	15:15 VIRTUAL YOGA
17:00 METABOLIC WORK OUT		17:00 POWER JUMP	17:00 GINN.DOLCE		
18:00 PILOGA	18:00 VIRTUAL WALKING	18:00 METABOLIC WORK OUT	18:00 Cardio Circuit Tone		
19:00 STEP TONE	19:00 Indoor Cycling	19:00 Circuit Spin Training	19:00 Indoor Cycling		
20:00 PILATES	20:00 TONE UP	20:00 G.A.G	20:00 Total Body Conditioning	20:00 VIRTUAL WALKING	
LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
08:30 YOGA FLY	08:15 TOTAL BODY	08:30 YOGA FLY	06:00 HIIT		
			08:15 TOTAL BODY		
13:30 TONE UP					
16:00 YOGA FLY					
17:00 GINNASTICA DOLCE				18:00 PILOXING	
	19:00 POSTURALE		19:00 PILATES	19:00 TONE UP	
20:00 BALLI DI GRUPPO		20:00 PILATES			

Sala Peter Pan

Sala Trilly

LC1.1

FUNZIONALE

LUNEDI' E VENERDI'

10:30 – 13:30 – 19:00 – 20:00

TAC FIT

MARTEDI' 11:00 - 20:00

GIOVEDI' 19:00

Orario Centro Fitness Peter Pan

Lunedì / Venerdì 8:00-22:00 Sabato 8:30-12:30 15:00-18:30

Per info 0872717271 WhatsApp 3519859730