

OPEN WEEK

**dal 14
al 18
aprile**

Jesi

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
07.00 SALA DESK FIT YOGA	07.00 SALA TERRA LES MILLS Shapes	07.00 SALA DESK FIT YOGA ADVANCED	07.00 SALA DESK GAG	07.00 SALA DESK FIT YOGA
09.30 SALA TERRA LES MILLS BODYPUMP	08.30 SALA DESK PILATES	09.30 SALA DESK TOTAL BODY	08.30 SALA DESK WALKING TONIC	09.30 SALA DESK TOTAL BODY
13.15 SALA TERRA SPINNING	13.15 SALA DESK WALKING TONIC	13.15 SALA DESK GAG	13.15 SALA RING BOOTY UP	13.15 SALA TERRA SPINNING
13.30 SALA RING FUNCTIONAL TRAINING	13.30 SALA TERRA LES MILLS BODYPUMP	13.30 SALA RING FUNCTIONAL TRAINING	13.30 SALA DESK FIT YOGA	13.30 SALA DESK PILATES
17.30 SALA DESK LES MILLS Shapes	17.30 SALA TERRA BOOTY UP	17.00 SALA TERRA DINAMIC MOBILITY		17.45 SALA DESK DINAMIC MOBILITY
		17.30 SALA DESK PILATES		
18.00 SALA TERRA LES MILLS BODYPUMP	18.30 SALA DESK WALKING TONIC	18.00 SALA RING FUNCTIONAL TRAINING	18.00 SALA DESK FIT YOGA	18.00 SALA RING FUNCTIONAL TRAINING
19.00 SALA DESK PILATES	19.00 SALA TERRA TOTAL BODY	18.15 SALA TERRA LES MILLS BODYPUMP	18.15 SALA RING LES MILLS Shapes	18.00 SALA TERRA LES MILLS BODYPUMP
19.00 SALA RING PUGILATO AVANZATO	19.30 SALA RING FUNCTIONAL TRAINING	19.00 SALA RING PUGILATO AVANZATO	19.00 SALA TERRA TOTAL BODY	19.00 SALA RING PUGILATO AVANZATO
19.15 SALA TERRA SPINNING		19.15 SALA DESK GAG	19.00 SALA DESK WALKING TONIC	19.00 SALA TERRA SPINNING
20.00 SALA RING PUGILATO		19.30 SALA TERRA SPINNING	19.30 SALA RING FUNCTIONAL TRAINING	19.15 SALA DESK PILATES
		20.00 SALA RING PUGILATO		20.00 SALA RING PUGILATO