

OPEN WEEK

dal 14
al 18
aprile

Camerano

LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'
07.15 SALA 140 PILATES	07.15 SALA AGORA' H Y R O X	07.15 SALA 140 BOOTY UP	07.10 SALA 140 FIT YOGA	07.15 SALA 140 WALKING
09.30 SALA AGORA' H Y R O X	07.15 SALA 100 FIT YOGA	09.30 SALA 140 PILATES	09.30 SALA AGORA' H Y R O X	09.30 SALA 140 FUNCTIONAL TRAINING
13.15 SALA Cycling LES MILLS RPM	09.00 SALA 100 POSTURAL GYM	12.30 SALA AGORA' H Y R O X	13.15 SALA 140 BOOTY UP	09.30 SALA 100 PILATES
13.15 SALA 140 WALKING	10.00 SALA 140 BOOTY UP	13.15 SALA 140 FUNCTIONAL TRAINING	16.30 SALA AGORA' H Y R O X	13.15 SALA 100 LES MILLS Shapes
13.30 SALA AGORA' H Y R O X	13.00 SALA AGORA' CROSS TRAINING	13.15 SALA Cycling LES MILLS RPM	17.30 SALA AGORA' CROSS TRAINING TRAINING TEEN	13.15 SALA Cycling LES MILLS RPM
17.00 SALA 140 BODY TRAINING	13.15 SALA 100 LES MILLS Shapes	17.00 SALA 140 BOOTY UP	18.00 SALA 140 PILATES	13.15 SALA 140 WALKING
18.00 SALA 100 PILATES	13.15 SALA 140 LES MILLS BODYPUMP	17.30 SALA AGORA' H Y R O X	18.15 SALA 100 LES MILLS BODYPUMP	13.30 SALA AGORA' H Y R O X
18.15 SALA 140 FUNCTIONAL TRAINING	16.30 SALA AGORA' H Y R O X	18.00 SALA 140 WALKING	19.00 SALA 140 WALKING	17.00 SALA 100 POSTURAL GYM
18.30 SALA AGORA' CROSS TRAINING	17.30 SALA AGORA' CROSS TRAINING TRAINING TEEN	18.30 SALA AGORA' CROSS TRAINING	19.15 SALA 100 BOOTY UP	18.00 SALA 140 Strength Development
19.00 SALA 100 LES MILLS Shapes	18.00 SALA 140 BODY TRAINING	18.15 SALA 100 PILATES	19.30 SALA AGORA' H Y R O X	18.00 SALA AGORA' H Y R O X
19.15 SALA Cycling LES MILLS RPM	18.15 SALA 100 FUNCTIONAL TRAINING	19.00 SALA 140 LES MILLS BODYPUMP		18.15 SALA 100 FIT YOGA
19.15 SALA 140 LES MILLS BODYPUMP	19.00 SALA 140 WALKING	19.00 SALA Cycling LES MILLS RPM		19.00 SALA Cycling LES MILLS RPM
19.30 SALA AGORA' H Y R O X	19.15 SALA 100 PILATES	19.15 SALA 100 BODY TRAINING		19.00 SALA 140 FUNCTIONAL TRAINING
		20.30 SALA AGORA' H Y R O X		