

# APERTURA:

LUN-MERC-VEN: 08.00 - 23.00 **ORARIO CONTINUATO**

MART-GIOV : 10.00 - 23.00 **ORARIO CONTINUATO**

SABATO : 14.00 - 19.00

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LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
<b>ZUMBA/STRONG-SENTAO</b>					
10.30-11.30		10.30-11.30		10.30-11.30	
19.30-20.30		19.30-20.30		19.30-20.30	
20.30-21.30		20.30-21.30		20.30-21.30	
<b>PILATES/TRX</b>					
09.00-10.00		09.00-10.00		09.00-10.00	
13.30-14.30		13.30-14.30		13.30-14.30	
18.30-19.30		18.30-19.30		18.30-19.30	
<b>KARATE</b>					
17.00 - 18.00		17.00-18.00		17.00-18.00	
18.00-19.00	19.30-20.30	18.00-19.00	19.30-20.30	18.00-19.00	
19.00-20.30		19.00-20.30		19.00-20.30	
<b>SOCIAL DANCE</b>					
17.30-18.30	18.00-19.00	17.30-18.30	17.30-18.30	17.30-18.30	15.00-16.00
	19.00-20.00		18.30-19.30		16.00-17.00
	20.00-21.00		19.30-20.30		
	21.00-22.00		21.00-22.00		
<b>SPINNING</b>					
17.15-18.15		17.15-18.15		17.15-18.15	
	19.00-20.00		19.00-20.00		
<b>GINNASTICA RITMICA</b>					
14.45-15.45 15.15-16.15		14.45-15.45 15.15-16.15		14.45-15.45 15.15-16.15	
16.00-17.00		16.00-17.00		16.00-17.00	
<b>INTENSITY/ FUNCTIONAL TRAINING</b>					
10.30-11.30	20.30-21.30	10.30-11.30	20.30-21.30	10.30-11.30	
<b>STEP/JUST PUMP/FIT BOX/G.A.G./ TRX</b>					
20.30-21.30 (Trx/step)		19.30-20.30 (Just pump/step)		20.30-21.30 (Step/Trx)	
<b>BALLI CARAIBICI</b>					
21.30-22.30		21.30-22.30		21.30-22.30	
		22.30-23.30			
<b>KICKBOXING</b>					
20.30-22.00		20.30-22.00		20.30-22.00	