

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
ZUMBA COMPETITIVE					
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 STRONG		20.30-21.30 STRONG		20.30-21.30 STRONG	
PILATES/TRX					
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	
KARATE					
17.30-18.30		17.30-18.30			
18.30-19.30		18.30-19.30		18.30-19.30	
19.30-20.30		19.30-20.30		19.30-20.30	
SOCIAL DANCE					
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		
SPINNING					
10.30-11.30					
	19.00-20.00		19.00-20.00		
GINNASTICA RITMICA					
16.30-17.30		16.30-17.30		15.20:16.20	
	18.00_19.30		17.00-19.00	16.20-17.20	
	19.30:21.00		19.00:21.00	17.30-18.30	
INTENSITY / FUNCTIONAL TRAINING					
10.30-11.30		10.30-11.30		10.30-11.30	
	20.30-21.30		20.30-21.30		
STEP/JUST PUMP/FIT BOX/G.A.G./ TRX					
20.30-21.30 (Trx/step)		19.30-20.30 (Just pump/step)		20.30-21.30 (Step/Trx)	
KICKBOXING					
20.30-22.00		20.30-22.00		20.00-22.00	