

BOCCEA

Orario valido dal **11 Ottobre**

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
Funzionale <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>	Vinyasa Yoga <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>	Funzionale <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>
8.30-9.20	7.30-8.20	08.30-9.20	7.30-8.20	8.30-9.20	10.30-11.30
Posturale <i>Studio 1</i>	Pilates <i>Studio 1</i>	Funzionale <i>Studio 1</i>	Pilates <i>Studio 1</i>	Posturale <i>Studio 1</i>	Vinyasa Yoga <i>Studio 1</i>
09.30-10.20	8.30-9.20	9.00-9.20	8.30-9.20	09.30-10.20	11.10-12.10
Total Body <i>Studio 1</i>	Total Body <i>Studio 1</i>	Padel Athletic <i>Sala Pesi</i>	Total Body <i>Studio 1</i>	Total Body <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>
10.30-11.20	9.30-10.15	09.30-10.15	9.30-10.20	10.30-11.20	11.40-12.30
Postural training <i>Studio 1</i>	Pancafit <i>Studio 1</i>	Pancafit <i>Studio 1</i>	Posturale <i>Studio 1</i>	Postural training <i>Studio 1</i>	Hiit Training <i>Studio 1</i>
11.00-11.20	9.30-10.30	10.30-11.20	9.30-10.30	11.00-11.20	12.00-12.20
Lower Body <i>Sala Pesi</i>	Studio Pilates* <i>Studio 3</i>	Body Pump <i>Studio 1</i>	Studio Pilates* <i>Studio 3</i>	Padel Athletic <i>Sala Pesi</i>	Lower Body <i>Sala Pesi</i>
11.30-12.20	10.30-11.20	13.00-13.30	10.30-11.20	11.30-12.20	
Miofascial training <i>Studio 1</i>	Trekkmill <i>Studio 2</i>	Abdominal <i>Sala Pesi</i>	Yin Yoga <i>Studio 1</i>	Miofascial training <i>Studio 1</i>	DOMENICA
13.30-14.20	11.00-11.20	13.30-14.30	11.00-11.20	13.00-13.30	10.00-11.00
Total Body <i>Studio 1</i>	Upper Body <i>Sala Pesi</i>	Indoor Cycling <i>Studio 2</i>	Upper Body <i>Sala Pesi</i>	Abdominal <i>Sala Pesi</i>	Indoor Cycling <i>Studio 2</i>
13.30-14.30	11.30-12.20	16.00-16.50	11.30-12.20	13.30-14.20	11.10-12.10
Indoor Cycling <i>Studio 2</i>	Zumba <i>Studio 1</i>	Miofascial training <i>Studio 1</i>	Zumba <i>Studio 1</i>	Total Body <i>Studio 1</i>	Total Body <i>Studio 1</i>
14.30-15.30	13.30-14.20	17.00-17.50	13.30-14.20	13.30-14.30	
Studio Pilates* <i>Studio 3</i>	Cross Training <i>Studio 1</i>	Hiit Training <i>Studio 1</i>	Cross Training <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>	
16.00-16.30	14.00-14.20	18.00-18.50	14.00-14.20	14.30-15.30	
Allenamento al femminile <i>Sala Pesi</i>	Body Weight <i>Sala Pesi</i>	Posturale <i>Studio 1</i>	Body Weight <i>Sala Pesi</i>	Studio Pilates* <i>Studio 3</i>	
16.00-16.45	15.00-15.50	18.00-18.50	15.00-15.50	16.00-16.45	
Pancafit <i>Studio 1</i>	Posturale <i>Studio 1</i>	Walking <i>Studio 2</i>	Posturale <i>Studio 1</i>	Pancafit <i>Studio 1</i>	
17.00-17.50	16.00-16.50	19.00-19.30	15.20-15.50	17.00-17.50	
Total Body <i>Studio 1</i>	GAG <i>Studio 1</i>	Crossfit Focus <i>Outdoor</i>	Allenamento al femminile <i>Sala Pesi</i>	GAG <i>Studio 1</i>	
18.00-18.50	17.00-17.50	19.00-19.50	16.00-16.50	18.00-18.50	
Pilates <i>Studio 1</i>	Total Body <i>Studio 1</i>	Cardio Step <i>Studio 1</i>	Pilates <i>Studio 1</i>	Pilates <i>Studio 1</i>	
19.00-19.50	18.00-18.50	19.00-20.00	17.00-17.50	18.00-18.50	
Body Pump <i>Studio 1</i>	Easyrun <i>Outdoor</i>	Studio Pilates* <i>Studio 3</i>	Trekkmill <i>Studio 2</i>	Walking <i>Studio 2</i>	
18.00-19.00	18.00-18.50	19.00-20.00	17.00-17.50	19.00-19.30	
Indoor Cycling <i>Studio 2</i>	Tabata Training <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>	Total Body <i>Studio 1</i>	LesMills Core <i>Studio 1</i>	
19.00-20.00	19.00-19.50	19.40-20.30	18.00-18.50	19.00-19.30	
Studio Pilates* <i>Studio 3</i>	Preboxe <i>Studio 1</i>	Crossfit Wod <i>Outdoor</i>	Easyrun <i>Outdoor</i>	Crossfit Focus <i>Outdoor</i>	
19.10-20.10	19.30-20.30	20.00-20.50	18.00-18.50	19.00-20.00	
Indoor Cycling <i>Studio 2</i>	Indoor Cycling <i>Studio 2</i>	Body Pump <i>Studio 1</i>	Tabata Training <i>Studio 1</i>	Studio Pilates* <i>Studio 3</i>	
19.40-20.30	19.40.00-20.00		19.00-19.50	19.00-20.00	
Crossfit Wod <i>Outdoor</i>	Lower Body <i>Sala Pesi</i>		Preboxe <i>Studio 1</i>	Indoor Cycling <i>Studio 2</i>	
20.00-20.50	20.00-21.00		19.40.00-20.00	19.40-20.30	
Cardio Step <i>Studio 1</i>	Hatha Yoga <i>Studio 1</i>		Lower Body <i>Sala Pesi</i>	Crossfit Wod <i>Outdoor</i>	
			20.00-21.00	19.40-20.30	
			Hatha Yoga <i>Studio 1</i>	Funzionale <i>Studio 1</i>	

