

# BOCCEA

Orario valido dal 10 Gennaio

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
7.30-8.20 <b>Funzionale</b> <i>Studio 1</i>	7.00-8.00 <b>Indoor Cycling</b> <i>Studio 2</i>	7.20-8.20 <b>Vinyasa Yoga</b> <i>Studio 1</i>	7.00-8.00 <b>Indoor Cycling</b> <i>Studio 2</i>	7.30-8.20 <b>Funzionale</b> <i>Studio 1</i>	09.30-10.00 <b>Kinesis Circuit</b> <i>Sala Pesi</i>
8.30-9.20 <b>Posturale</b> <i>Studio 1</i>	7.30-8.20 <b>Pilates</b> <i>Studio 1</i>	08.30-9.20 <b>Funzionale</b> <i>Studio 1</i>	7.30-8.20 <b>Pilates</b> <i>Studio 1</i>	8.30-9.20 <b>Posturale</b> <i>Studio 1</i>	10.00-11.00 <b>Indoor Cycling</b> <i>Studio 2</i>
09.30-10.20 <b>Total Body</b> <i>Studio 1</i>	8.30-9.20 <b>Total Body</b> <i>Studio 1</i>	09.30-10.15 <b>Body Pump</b> <i>Studio 1</i>	8.30-9.20 <b>Total Body</b> <i>Studio 1</i>	09.30-10.20 <b>Total Body</b> <i>Studio 1</i>	10.30-11.30 <b>Vinyasa Yoga</b> <i>Studio 1</i>
10.30-11.20 <b>Postural training</b> <i>Studio 1</i>	9.30-10.15 <b>Pancafit</b> <i>Studio 1</i>	10.30-11.20 <b>Pancafit</b> <i>Studio 1</i>	9.30-10.20 <b>Posturale</b> <i>Studio 1</i>	10.30-11.20 <b>Postural training</b> <i>Studio 1</i>	11.40-12.10 <b>HIIT</b> <i>Sala Pesi</i>
11.00-11.30 <b>Kinesis Circuit</b> <i>Sala Pesi</i>	10.30-11.20 <b>Trekkmill</b> <i>Studio 2</i>	11.00-11.30 <b>Kinesis Circuit</b> <i>Sala Pesi</i>	10.30-11.20 <b>Yin Yoga</b> <i>Studio 1</i>	11.00-11.30 <b>Kinesis Circuit</b> <i>Sala Pesi</i>	
11.30-12.20 <b>Miofascial training</b> <i>Studio 1</i>	11.00-11.20 <b>Upper Body</b> <i>Sala Pesi</i>	13.00-13.30 <b>Abdominal</b> <i>Sala Pesi</i>	11.00-11.20 <b>Upper Body</b> <i>Sala Pesi</i>	11.30-12.20 <b>Miofascial training</b> <i>Studio 1</i>	<b>DOMENICA</b>
13.30-14.20 <b>Total Body</b> <i>Studio 1</i>	11.30-12.20 <b>Zumba</b> <i>Studio 1</i>	13.30-14.20 <b>Pound</b> <i>Studio 1</i>	11.30-12.20 <b>Zumba</b> <i>Studio 1</i>	13.00-13.30 <b>Abdominal</b> <i>Sala Pesi</i>	10.00-11.00 <b>Indoor Cycling</b> <i>Studio 2</i>
13.30-14.20 <b>Walking</b> <i>Studio 2</i>	13.30-14.20 <b>Cross Training</b> <i>Studio 1</i>	13.30-14.30 <b>Indoor Cycling</b> <i>Studio 2</i>	13.30-14.20 <b>Cross Training</b> <i>Studio 1</i>	13.30-14.20 <b>Total Body</b> <i>Studio 1</i>	11.10-12.10 <b>Total Body</b> <i>Studio 1</i>
14.30-15.30 <b>Studio Pilates*</b> <i>Studio 3</i>	15.00-15.50 <b>Posturale</b> <i>Studio 1</i>	16.00-16.50 <b>Pancafit Release</b> <i>Studio 1</i>	15.00-15.50 <b>Posturale</b> <i>Studio 1</i>	13.30-14.30 <b>Indoor Cycling</b> <i>Studio 2</i>	
16.00-16.45 <b>Pancafit</b> <i>Studio 1</i>	15.20-15.50 <b>Allenamento al femminile</b> <i>Sala Pesi</i>	17.00-17.50 <b>Circuit Training</b> <i>Studio 1</i>	15.20-15.50 <b>Allenamento al femminile</b> <i>Sala Pesi</i>	14.30-15.30 <b>Studio Pilates*</b> <i>Studio 3</i>	
17.00-17.50 <b>Circuit Training</b> <i>Studio 1</i>	16.00-16.50 <b>Pilates</b> <i>Studio 1</i>	18.00-18.50 <b>Posturale</b> <i>Studio 1</i>	16.00-16.50 <b>Pilates</b> <i>Studio 1</i>	16.00-16.45 <b>Pancafit</b> <i>Studio 1</i>	
18.00-18.50 <b>Pilates</b> <i>Studio 1</i>	17.00-17.50 <b>Total Body</b> <i>Studio 1</i>	18.00-18.50 <b>Walking</b> <i>Studio 2</i>	17.00-17.50 <b>Trekkmill</b> <i>Studio 2</i>	17.00-17.50 <b>GAG</b> <i>Studio 1</i>	
19.00-19.50 <b>Body Pump</b> <i>Studio 1</i>	18.00-18.50 <b>Easyrun</b> <i>Outdoor</i>	18.30-19.00 <b>Powerlifting</b> <i>Sala Pesi</i>	17.00-17.50 <b>Total Body</b> <i>Studio 1</i>	18.00-18.50 <b>Pilates</b> <i>Studio 1</i>	
18.00-19.00 <b>Indoor Cycling</b> <i>Studio 2</i>	17.30-18.00 <b>Abdominal</b> <i>Sala Pesi</i>	19.00-19.50 <b>Cardio Step</b> <i>Studio 1</i>	17.30-18.00 <b>Abdominal</b> <i>Sala Pesi</i>	18.00-18.50 <b>Walking</b> <i>Studio 2</i>	
18.30-19.00 <b>Powerlifting</b> <i>Sala Pesi</i>	18.00-18.50 <b>Tabata Training</b> <i>Studio 1</i>	19.00-20.00 <b>Studio Pilates*</b> <i>Studio 3</i>	18.00-18.50 <b>Easyrun</b> <i>Outdoor</i>	19.00-19.30 <b>LesMills Core</b> <i>Studio 1</i>	
19.00-20.00 <b>Studio Pilates*</b> <i>Studio 3</i>	19.00-19.50 <b>Preboxe</b> <i>Studio 1</i>	19.00-20.00 <b>Indoor Cycling</b> <i>Studio 2</i>	18.00-18.50 <b>Tabata Training</b> <i>Studio 1</i>	19.00-20.00 <b>Studio Pilates*</b> <i>Studio 3</i>	
19.10-20.10 <b>Indoor Cycling</b> <i>Studio 2</i>	20.00-21.00 <b>Hatha Yoga</b> <i>Studio 1</i>	19.30-20.30 <b>Crossfit Wod</b> <i>Outdoor</i>	19.00-19.50 <b>Preboxe</b> <i>Studio 1</i>	19.00-20.00 <b>Indoor Cycling</b> <i>Studio 2</i>	
19.30-20.30 <b>Crossfit Wod</b> <i>Outdoor</i>		20.00-20.50 <b>Body Pump</b> <i>Studio 1</i>	19.30-20.30 <b>Indoor Cycling</b> <i>Studio 2</i>	19.30-20.30 <b>Crossfit Wod</b> <i>Outdoor</i>	
20.00-20.50 <b>Cardio Step</b> <i>Studio 1</i>			20.00-21.00 <b>Hatha Yoga</b> <i>Studio 1</i>	19.40-20.30 <b>Funzionale</b> <i>Studio 1</i>	

