

FIUMICINO

Orario valido dal 20
Giugno

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
08.30-09.00 Padel Athletic <i>Cardio Zone</i>	9.00-9.50 Total Body <i>Fitness Zone</i>	07.15-8.00 Suspension Training <i>Fitness Zone</i>	08.00-08.50 Pilates <i>Body&Mind Zone</i>	07.15-8.00 Suspension Training <i>Fitness Zone</i>	09.30-10.30 Studio Pilates* <i>Studio Pilates</i>
09.00-09.50 Posturale <i>Body&Mind Zone</i>	10.00-10.50 Miofascial Training <i>Body&Mind Zone</i>	09.00-09.50 Posturale <i>Body&Mind Zone</i>	9.00-9.50 Total Body <i>Fitness Zone</i>	09.00-09.50 Posturale <i>Body&Mind Zone</i>	10.00-11.00 Indoor Cycling <i>Road Race Zone</i>
10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	13.30-14.20 Funzionale <i>Fitness Zone</i>	10.00-10.20 Bodyweight <i>Cardio Zone</i>	11.00-11.50 GAG <i>Fitness Zone</i>	10.00-10.20 Bodyweight <i>Cardio Zone</i>	11.00-11.50 Funzionale <i>Fitness Zone</i>
10.00-10.50 Abdominal Cross <i>Fitness Zone</i>	17.00-17.50 Posturale <i>Body&Mind Zone</i>	10.00-10.50 Abdominal Cross <i>Fitness Zone</i>	17.00-17.50 Miofascial Training <i>Body&Mind Zone</i>	10.00-10.50 Abdominal Cross <i>Fitness Zone</i>	12.00-13.00 Vinyasa Flow <i>Body&Mind Zone</i>
11.00-12.00 Vinyasa Flow <i>Body&Mind Zone</i>	17.00-17.50 Total body <i>Fitness Zone</i>	10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	17.00-17.50 Total Body <i>Fitness Zone</i>	10.00-11.00 Studio Pilates* <i>Studio Pilates</i>	
13.30-14.20 Cross Training <i>Fitness Zone</i>	17.30-18.30 Studio Pilates* <i>Studio Pilates</i>	11.00-12.00 Vinyasa Flow <i>Body&Mind Zone</i>	17.30-18.30 Studio Pilates* <i>Studio Pilates</i>	13.30-14.20 Cross Training <i>Fitness Zone</i>	DOMENICA
17.30-18.20 Tabata <i>Fitness Zone</i>	18.00-18.50 Miofascial Training <i>Body&Mind Zone</i>	13.30-14.20 Cross Training <i>Fitness Zone</i>	18.00-18.50 Posturale <i>Body&Mind Zone</i>	17.30-18.20 Tabata <i>Fitness Zone</i>	10.00-11.00 Indoor Cycling <i>Road Race Zone</i>
17.30-18.20 Pilates <i>Body&Mind Zone</i>	19.00-19.50 Bodypump <i>Fitness Zone</i>	17.30-18.20 Tabata <i>Fitness Zone</i>	19.00-19.50 Bodypump <i>Fitness Zone</i>	17.30-18.20 Pilates <i>Body&Mind Zone</i>	
18.30-19.20 Cross Training <i>Fitness Zone</i>	19.30-20.30 Indoor Cycling <i>Road Race Zone</i>	17.30-18.20 Pilates <i>Body&Mind Zone</i>	19.30-20.30 Indoor Cycling <i>Road Race Zone</i>	18.30-19.20 Cross Training <i>Fitness Zone</i>	
18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	20.00-20.30 Allenamento al femminile <i>Cardio Zone</i>	18.30-19.20 Cross Training <i>Fitness Zone</i>	20.00-20.30 Allenamento al femminile <i>Cardio Zone</i>	18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	
19.00-20.00 Vinyasa Flow <i>Body&Mind Zone</i>	20.00-20.50 Funzionale <i>Fitness Zone</i>	18.30-19.30 Studio Pilates* <i>Studio Pilates</i>	20.00-20.50 Funzionale <i>Fitness Zone</i>	19.00-20.00 Vinyasa Flow <i>Body&Mind Zone</i>	
19.30-19.50 Abdominal <i>Cardio Zone</i>		19.00-20.00 Vinyasa Flow <i>Body&Mind Zone</i>		19.30-19.50 Abdominal <i>Cardio Zone</i>	
19.30-20.30 Indoor Cycling <i>Road Race Zone</i>		19.30-20.30 Indoor Cycling <i>Road Race Zone</i>		19.30-21.00 Preboxe <i>Fitness Zone</i>	
19.30-21.00 Preboxe <i>Fitness Zone</i>		19.30-21.00 Preboxe <i>Fitness Zone</i>			
		20.00-20.30 Padel Athletic <i>Cardio Zone</i>			

