

Silver Room
White Room

LOVEFIT programma **corsifitness** 9/14 giugno

Lezioni e ingresso gratuito **su prenotazione**

| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENEDÌ | SABATO |
|---------------|---|---|---|--|--|-------------|
| 09,30 - 10,30 | Tone & Heat • Pietro | | Risv. Muscolare 30' • Pietro | | Risv. Muscolare 30' • Pietro | |
| 10,00 - 11,00 | | | Heat Rebound • Marco A. | | Muscle Heat • Alex | |
| 10,30 - 11,30 | Total Body • Emanuela | Yamuna Body Rolling® | | Yamuna Body Rolling® | Total Body • Antonio | Heat & Tone |
| 11,00 - 12,00 | | | Total Body • Azzurra | | | Mental Yoga |
| 12,15 - 13,15 | | Muscle Heat Roberto | | Muscle Heat Roberto | | Spinning |
| 13,30 - 14,30 | TRX® Spinning • Emanuela | Total body • Azzurra | Interval Private Spinning Emanuela | Functional • Marco A. | TRX® Spinning Emanuela | |
| 14,00 - 14,30 | Interval Private | | TRX® | | Interval Private | |
| 17,30 - 18,30 | Body & Mind • Claudia A | Pilates • Flenghi | Mental Fly • Ales&Gaia | Will Power & Grace® | Mental Yoga | |
| 18,00 - 18,30 | TRX® | Interval Private 30' | TRX® | Interval Private 30' | TRX® | |
| 18,30 - 19,00 | Interval Private 30' | TRX® | Interval Private 30' | TRX® | Interval Private 30' | |
| 18,30 - 19,30 | Master Class Spinning • Brunella | Boqwa® Spinning • Roberto | Zumba® • Gabriele Spinning • Brunella | Tonificazione • Giuliana Spinning • Rob&Gianc | Master Class • Alex Spinning • Gianc | |
| 19,30 - 20,30 | Spinning • Giancarlo Master Class Heat Rebound • Marco A. | Spinning • Rachele Mental Pilates • Lello&Gaia | Spinning • Brunella Tonificazione • Giuliana Heat&Tone • Pietro | Spinning • Rob&Gianc Mental Yoga Muscle Heat & Box Rob | Spinning • Gianc Master Class • Alex Heat Rebound • Marco A. | |
| 19,00 - 20,00 | | Yoga | | Pilates • Lello (19,30/20,30) | | |
| 20,30 - 21,30 | | Zumba | | | Boqwa® | |