

FITNESS

ORARIO FITNESS COLLETTIVO		FITNESS TIMETABLE					
LUNEDI' MONDAY	13,15 - 14,00 Fit Boxe	18,00 - 18,45 Pilates	18,45 - 19,30 Fit Stick	19,30 - 20,15 Fit Boxe	20,15 - 21,00 Walking	21,00 - 21,45 Walking	
MARTEDI' TUESDAY	13,15 - 14,00 Walking	18,00 - 18,45 498 Workout	18,45 - 19,15 Stepgraphy	19,15 - 19,45 Danceaerobic	19,45- 20,30 Spinning	20,30- 21,15 Spinning	
MERCOLEDI' WEDNESDAY	13,15 - 14,00 Fit Boxe	18,00 - 18,45 Pilates	18,45 - 19,15 Total Military	19,15 - 20,00 Walking	20,00- 20,45 Fit Boxe	20,45 - 21,30 Walking	
GIOVEDI' THURSDAY	13,15 - 14,00 Walking	18,15 - 18,45 Danceaerobic	18,45 - 19,15 Stepgraphy	19,15- 20,00 Fit Stick	20,00- 20,45 Spinning	20,45- 21,30 Spinning	
VENERDI' FRIDAY	13,15 - 14,00 Spinning	18,30 - 19,15 Stepgraphy	19,15 - 20,00 Fit Boxe	20,00- 20,45 Walking	SAB/DOM SAT/SUN	SAB 17,00-18,00 Walking&Spinning	DOM 11,30-12,15 Walking

ORARI Planet

KINESIS

ORARIO KINESIS COLLETTIVO		KINESIS TIMETABLE		
LUNEDI' MONDAY	13,15 - 14,00 Kinesis Stronger	18,45 - 19,30 Kinesis Balance	19,30 - 20,15 K 498 Workout	20,15 - 21,00 Kinesis Stronger
MARTEDI' TUESDAY	13,15 - 14,00 K 498 Workout	18,30 - 19,15 Kinesis TBW	19,15 - 20,00 Pilates Props	20,00 - 20,45 Kinesis Dynamic
MERCOLEDI' WEDNESDAY	13,15 - 14,00 Kinesis Stronger	18,30 - 19,15 Kinesis Circuit	19,15 - 20,00 K 498 Workout	20,00- 20,45 Kinesis Stronger
GIOVEDI' THURSDAY	13,15 - 14,00 Kinesis Circuit	18,30 - 19,15 Kinesis Dynamic	19,15 - 20,00 Kinesis TBW	20,00 - 20,45 Kinesis Balance
VENERDI' FRIDAY	13,15 - 14,00 K 498 Workout	18,30 - 19,15 Kinesis Stronger	19,15 - 20,00 Pilates Props	20,00- 20,45 Kinesis Circuit
SABATO SATURDAY		17,00 - 17,45 Kinesis Dynamic	DOMENICA SUNDAY	11,30 - 12,15 Kinesis TBW

Open/Closed: lun./giov....10,00/24,00 ven....11,00/23,00 sab....11,00/19,00 dom....11,00/15,00