

ORARI DEL CLUB

GYM TREND

2022-23 ultimo aggiornamento 14/09/2022



GRIT

LUN 18:30
MER 18:30
VEN 18:30



GINN. DOLCE

IN ARRIVO



WALKING

LUN 09:30, 13:00*, 19:00
MAR 19:15
MER 09:30, 13:00*, 19:00
GIO 19:15



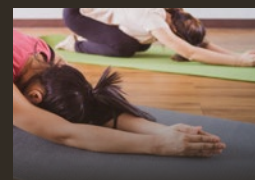
PILATES

LUN 10:00
MAR 18:45
MER 10:00
GIO 18:45
VEN 10:00



BODYPUMP

LUN 19:30*
MAR 09:00
MER 19:30*
GIO 09:00
VEN 19:30*



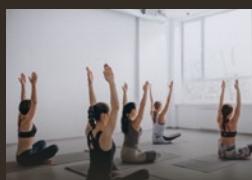
POST. YOGA

MAR 19:30
GIO 19:30



SPINNING

LUN 20:00
MAR 13:00*
GIO 13:00*, 20:00



POSTURALE

LUN 09:00, 12:00*
MAR 16:00
MER 09:00, 12:00*
GIO 16:00
VEN 09:00



JUDO

MAR 17:00, 17:45
GIO 17:00, 17:45



HATHA YOGA

MAR 10:00, 13:30
GIO 10:00
VEN 13:30

* lezioni che inizieranno al raggiungimento di almeno 5 partecipanti. Prenotazione obbligatoria.