

PLANNING ORARI 2022-23 PROVVISORIO

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	
ORARIO SALA PESI							
ORARIO	09:00-22:00	08:00-22:00	09:00-22:00	08:00-22:00	09:00-22:00	09:00-19:00	
ORARIO SALA CORSI							
09:00-10:00	CORPO LIBERO	YOGAFIT		YOGAFIT	CORPO LIBERO		
13:30-14:30						INTENSITY CROSSOVER 17:15-18-15	
18:00-19:00		PILATES		PILATES			
18:30-19:30	FUNZIONALE		90/30		HIIT		
19:30-20:30	CROSS TRAINING		TACFIT		B&D TRAINING	DOMENICA 09:30-13:00	
19:00-20:00		PILATES		PILATES			
20:00-21:00		YOGAFIT		YOGAFIT			
ORARIO GROUP CYCLING							
13:30-14:30	GROUP CYCLING	GROUP CYCLING 18:45-19:45	GROUP CYCLING	GROUP CYCLING 18:45-19:45	GROUP CYCLING		
18:15-19:15	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	GROUP CYCLING	GROUP CYCLING
19:30-20:30	GROUP CYCLING		GROUP CYCLING		GROUP CYCLING	GROUP CYCLING	10:30-11:30
ORARIO ARTI MARZIALI							
16:15-17:15	KARATE (2018-2015)		KARATE (2018-2015)		KARATE (2018-2015)		
17:15-18:15	KARATE (2014-2012)		KARATE (2014-2012)		KARATE (2014-2012)		
18:15-19:15	KARATE (2011-2010)		KARATE (2011-2010)		KARATE (2011-2010)		
19:30-21:00		KICK BOXING		KICK BOXING		KICK BOXING	
19:00-21:30	KARATE AGONISTI		KARATE AGONISTI		KARATE AGONISTI	15:00-16:30	