

# CORSI FITNESS

**LUNEDÌ**

**MARTEDÌ**

**MERCOLEDÌ**

**GIOVEDÌ**

**VENERDÌ**

**SABATO**

**TOTAL BODY**  
09:30

**GINNASTICA FUNZIONALE**  
09:30

**YOGA**  
09:30

**POSTURALE**  
09:30

**PILATES**  
09:00

**OSTEO FITNESS**  
09:30

**PILATES**  
10:30

**PILATES**  
10:00

**TONIFICAZIONE**  
09:30

**TONIFICAZIONE**  
10:30

**PILATES**  
10:00

**OSTEO FITNESS**  
10:15

**H.I.I.T.**  
17:15

**CIRCUIT TRAINING**  
17:15

**CROSS TRAINING**  
17:15

**FUNCTIONAL TRAINING**  
17:15

**H.I.I.T.**  
18:00

**BODY PUMP**  
18:00

**PILATES**  
18:00

**FUNCTIONAL TRAINING**  
17:15

**BODY PUMP**  
18:00

**ANIMAL FLOW**  
18:00

**DYNAMIC PILATES**  
19:00

**FITNESS DANCE**  
19:00

**STRONG**  
19:00

**PILATES**  
19:00

**YOGA**  
19:00

**ZUMBA**  
20:00

**ZUMBA**  
20:00