CORSI LIVE

TREVISO DUCALE

CODE FITNESS

	LUN	MAR	MER	GIO	VEN	SAB	DOM
9.00					1H SUNRISE POWER FLOW		
10.00		1H PILATES	1H STEP WORKOUT	1H PILATES		1H PILATES	1H FUNCTIONAL TRAINING
11.00							1H PILATES
18.00	1H ZUMBA			1H PILATES	1H STEP WORKOUT		
18.30		30 MIN GAG EXPRESS					
19.00	1H PUMP'N SHAPE	1H CROSS CARDIO	1H FUNCTIONAL TRAINING	1H HIIT EXPRESS	1H FUNCTIONAL TRAINING		
19.30							
20.00	1H FLOW YOGA	1H PILATES	1H HATHA YOGA	1H YOGATES			
21.00							

MINI GROUP WORKOUTS

TREVISO DUCALE TREVISO APPIANI

18.30 19.00	30 MIN SHAPE	30 MIN POWER	30 MIN SHAPE	30 MIN POWER			