

Anno

2025/26

ORARIO DEI CORSI

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
10.30 - 11.20		Harmony Fit <i>Ignazio</i>		Harmony Fit <i>Ignazio</i>		
13.30 - 14.20	Functional Training <i>Anna</i>	Military workout <i>Paolo</i> Spinning <i>Dino</i>	Functional Training <i>Anna</i>	Military workout <i>Paolo</i> Spinning <i>Dino</i>	Functional Training <i>Anna</i>	
14.30 - 16.30	Kickboxing <i>Roberto Ciro</i>		Kickboxing <i>Roberto Ciro</i>		Kickboxing <i>Roberto Ciro</i>	
17.00 - 18.30		Calisthenics <i>Roberto Tripodi</i>		Calisthenics <i>Roberto Tripodi</i>		
18.00 - 18.50	Fit pilates <i>Anna</i>		Fit pilates <i>Anna</i>		Fit pilates <i>Anna</i>	
18.50 - 19.40	Functional Training <i>Ignazio</i>	Total body <i>Teresa</i>	Functional Training <i>Ignazio</i>	Total body <i>Teresa</i>	Functional Training <i>Ignazio</i>	
19.40 - 20.30	Functional Training <i>Ignazio</i> Fitball workout <i>Jessica</i>	Hyrox workout <i>Ignazio</i>	Functional Training <i>Ignazio</i> Step funzionale <i>Jessica</i>		Functional Training <i>Ignazio</i> Full body <i>Jessica</i>	