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3500279615

ORARIO APERTURA

DA LUNEDÌ A VENERDÌ: 07:00 - 21:30

SABATO: 08:30 - 19:30

ATTIVITA' DI GINNASTICA FINALIZZATA ALLA SALUTE E AL FITNESS

PRENOTAZIONE OBBLIGATORIA TRAMITE APPLICAZIONE SPORTY

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
MATTINO	LIVE ENERGY <b>EXPRESS</b> 07:15-08:00 SARA		LIVE ENERGY <b>EXPRESS</b> 07:15-08:00 SAVERIO	LIVE ENERGY <b>YOGA</b> 07:00-08:00 VIDEO	LIVE ENERGY <b>EXPRESS</b> 07:15-08:00 GIUSEPPE	
	LIVE ENERGY <b>DIMAGRIMENTO</b> 08:30-09:15 LUCIA	LIVE ENERGY <b>EXPRESS</b> 08:45-09:30 ALESSANDRO	LIVE ENERGY <b>DIMAGRIMENTO</b> 08:30-09:15 LUCIA	LIVE ENERGY <b>EXPRESS</b> 08:45-09:30 ALESSANDRO	LIVE ENERGY <b>POSTURALE</b> 09:00-09:45 LUCIA	
	LIVE ENERGY <b>WALKING</b> 10:00-10:50 LUCIA	LIVE ENERGY <b>PILATES</b> 10:00-10:50 SARA	LES MILLS <b>BODYPUMP</b> 10:00-10:50 LUCIA	LIVE ENERGY <b>PILATES</b> 10:00-10:50 SARA	LIVE ENERGY <b>WALKING</b> 10:00-10:50 LUCIA	LIVE ENERGY <b>EXPRESS</b> 08:45-09:30 ROTAZIONE
		LIVE ENERGY <b>POSTURALE</b> 11:00-11:45 LUCIA	LIVE ENERGY <b>DIMAGRIMENTO</b> 11:30-12:15 LUCIA		LIVE ENERGY <b>DIMAGRIMENTO</b> 11:30-12:15 LUCIA	LIVE ENERGY <b>HYROX</b> 10:00-11:00 MASSIMO
PRANZO	LIVE ENERGY <b>HYROX</b> 12:30-13:25 MASSIMO	LIVE ENERGY <b>WALKING</b> 12:30-13:15 LUCIA	LIVE ENERGY <b>PILATES</b> 12:45-13:30 SARA	LES MILLS <b>BODYPUMP</b> 12:30-13:15 MASSIMO	LIVE ENERGY <b>WALKING</b> 12:30-13:00 LUCIA	
	LIVE ENERGY <b>PILATES</b> 13:30-14:15 SARA				LIVE ENERGY <b>BOOTY</b> 13:00-13:30 LUCIA	LIVE ENERGY <b>YOGA</b> 14:15-15:30 SARA
POMERIGGIO		LIVE ENERGY <b>EXPRESS</b> 16:00-16:45 THOMAS		LIVE ENERGY <b>EXPRESS</b> 16:00-16:45 THOMAS		LES MILLS <b>RPM</b> 16:00-16:45 ALESSANDRO
	LIVE ENERGY <b>WALKING</b> 17:00-17:45 CHIARA	LES MILLS <b>RPM</b> 17:00-17:45 MASSIMO	LIVE ENERGY <b>WALKING</b> 17:00-17:30 CHIARA	LES MILLS <b>BODYPUMP</b> 17:00-17:45 LUCIA	LIVE ENERGY <b>EXPRESS</b> 17:00-17:45 CHIARA	
	LIVE ENERGY <b>BOOTY</b> 17:50-18:20 CHIARA	LIVE ENERGY <b>WALKING</b> 18:00-18:45 CHIARA	LES MILLS <b>CORE30</b> 17:30-18:00 CHIARA	LIVE ENERGY <b>BOOTY</b> 17:45-18:15 LUCIA	LIVE ENERGY <b>WALKING</b> 18:00-18:30 CHIARA	
	LIVE ENERGY <b>PILATES</b> 18:25-19:10 SARA	LES MILLS <b>CORE30</b> 19:00-19:30 CHIARA	LES MILLS <b>BODYPUMP</b> 18:00-18:50 MASSIMO	LIVE ENERGY <b>PILATES</b> 18:20-19:05 MICHELA	LES MILLS <b>CORE30</b> 18:30-19:00 CHIARA	
	LES MILLS <b>BODYPUMP</b> 19:15-20:00 ERIKA	LIVE ENERGY <b>HYROX</b> 19:30-21:00 MASSIMO	LIVE ENERGY <b>WALKING</b> 19:00-19:45 CHIARA	LES MILLS <b>RPM</b> 19:15-20:00 ALESSANDRO	LES MILLS <b>BODYPUMP</b> 19:00-20:00 MASSIMO	
	LIVE ENERGY <b>FUNZIONALE</b> 20:10-21:00 GIUSEPPE		LIVE ENERGY <b>DIMAGRIMENTO</b> 20:15-21:00 SARA	LIVE ENERGY <b>FUNZIONALE</b> 20:10-21:00 GIUSEPPE	LIVE ENERGY <b>DIMAGRIMENTO</b> 20:15-21:00 SARA	



