

ORARIO CORSI PROVVISORI DA LUNEDI 03 DICEMBRE

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#ENERGIAPOSITIVA

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA	
09,00-09,45	POSTURAL♥							09,00-09,45
09,10-09,55	ACQUAGYM♥♥		ACQUAGYM♥♥		ACQUAGYM♥♥			09,10-09,55
09,10-09,55					BODYCIRCUIT♥♥♥			09,10-09,55
09,15-10,00		GAG♥♥♥	BODYSULPT♥♥♥	STEP♥♥♥			BODYSULPT♥♥♥	09,15-10,00
09,30-10,15						TABATACIRCUIT♥♥♥		09,30-10,15
09,45-10,30	SOFTAEROBIC♥♥							09,45-10,30
09,55-10,40	HIDROBIKE♥♥	GINN.DOLCE♥	HIDROBIKE♥♥		GINN.DOLCE♥			09,55-10,40
10,00-10,45	SPINNING ♥♥♥♥ (PRO CYCLING)		SPINNING ♥♥♥♥ (PRO CYCLING)		SPINNING ♥♥♥♥ (PRO CYCLING)		SPINNING ♥♥♥♥ (PRO CYCLING)	10,00-10,45
10,00-10,45					WALKING♥♥♥♥			10,00-10,45
10,05-10,50			INTERVAL♥♥♥	POSTURAL♥				10,05-10,50
10,15-11,00						GAG♥♥♥♥	ACQUAGYM♥♥	10,15-11,00
11,00-11,45						PILATES♥		11,00-11,45
11,00-12,00		HATHA YOGA						11,00-12,00
11,15-12,00						SPINNING ♥♥♥♥ (PRO CYCLING)		11,15-12,00
12,30-14,00			SPINNING FREE ♥♥♥♥ (PRO CYCLING)					12,30-14,00
12,45-13,30	BODYCIRCUIT♥♥♥	INTERVAL SUSP. ♥♥♥♥	FUNCTIONAL♥♥♥♥	FUNCTIONAL♥♥♥♥	PILATES♥♥			12,45-13,30
12,45-13,30	SPINNING ♥♥♥♥ (PRO CYCLING)	ACQUAGYM♥♥		ACQUAGYM♥♥	SPINNING ♥♥♥♥ (PRO CYCLING)			12,45-13,30
13,00-13,45	ACQUAGYM SURPRISE♥♥					ACQUAGYM♥♥		13,00-13,45
13,00-13,45						FUNCTIONAL♥♥♥♥		13,00-13,45
13,30-14,15		PILATES♥♥		ACQUAJUMP♥♥♥				13,30-14,15
15,00-15,45						FIT BOXE ♥♥♥		15,00-15,45
15,30-16,15		BODYSULPT♥♥♥	PILATES♥♥		BODYSULPT♥♥♥			15,30-16,15
15,45-16,30	ACQUAGYM♥♥			ACQUAGYM♥♥				15,45-16,30
16,20-17,05		POWER STRETCHING♥	WALKING♥♥♥♥		POWER STRETCHING♥			16,20-17,05
17,15-18,00	PILATES♥♥			PILATES♥♥				17,15-18,00
18,00-18,45	BODYCIRCUIT♥♥♥	BODYSULPT♥♥♥♥			SPINNING ♥♥♥♥ (PRO CYCLING)			18,00-18,45
18,05-18,50			FIT BOXE ♥♥♥					18,05-18,50
18,10-18,55	SPINNING ♥♥♥♥ (PRO CYCLING)			WALKING♥♥♥♥				18,10-18,55
18,15-19,00		ACQUAGYM♥♥			ACQUAJUMP♥♥♥			18,15-19,00
18,30-19,15				***FUNCTIONAL♥♥♥				18,30-19,15
18,50-19,35	WALKING♥♥♥♥							18,50-19,35
19,00-19,45	ACQUAGYM♥♥	ACQUAJUMP♥♥♥	ACQUAGYM♥♥		ACQUAGYM♥♥			19,00-19,45
19,00-19,45	***POWER ♥♥♥♥	METABOLIC MUSCLE TRAINING ♥♥♥	FUNCTIONAL♥♥♥♥	STRETCHING♥	***INCREMENTAL TRAINING ♥♥♥♥			19,00-19,45
19,10-19,55	SPINNING ♥♥♥♥ (PRO CYCLING)		SPINNING ♥♥♥♥ (PRO CYCLING)	SPINNING ♥♥♥♥ (PRO CYCLING)				19,10-19,55
19,05-19,50				ACQUAGYM♥♥				19,05-19,50
19,30-20,15		SPINNING ♥♥♥♥ (PRO CYCLING)						19,30-20,15
20,00-21,00	HATHA YOGA							20,00-21,00

♥ BASSA INTENSITA'

♥♥ MEDIA INTENSITA'

♥♥♥ ALTA INTENSITA'

♥♥♥♥ ALTISSIMA INTENSITA'

CORSI A PRENOTAZIONE

*** IN SALA FUNZIONALE