

ORARIO CORSI PROVVISORIO DAL 22 OTTOBRE 2019
 visita il sito www.palestrailclub.it #ENERGIAPOSITIVA

	LUNEDI'	MARTEDI'	MERCOLEDI'	GIOVEDI'	VENERDI'	SABATO	DOMENICA	
09,00-09,45	POSTURAL♥			ACQUATONE♥♥				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♥♥♥	BODYSCLPT♥♥♥	STEP ♥♥♥			BODYSCLPT♥♥♥	09,15-10,00
09,30-10,15						TABATACIRCUIT♥♥♥♥		09,30-10,15
09,45-10,30	FIT MOVING ♥♥♥							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
10,05-10,50			INTERVAL♥♥♥	POSTURAL♥				10,05-10,50
10,15-11,00						GAG♥♥♥	ACQUAGYM♥♥	10,15-11,00
10,15-11,00								10,15-11,00
11,00-11,45		YOGA				PILATES♥		11,00-11,45
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		INTERVAL SUSP. ♥♥♥♥			*ACQUAWALKING♥♥			12,45-13,30
12,45-13,30	BODYCIRCUIT♥♥♥		FUNCTIONAL♥♥♥♥	FUNCTIONAL♥♥♥♥	PILATES♥			12,45-13,30
12,45-13,30	SPINNING ♥♥♥♥ (PRO CYCLING)	ACQUAGAG♥♥	HIDROBIKE♥♥	ACQUAGYM♥♥	SPINNING ♥♥♥♥ (PRO CYCLING)			12,45-13,30
13,00-13,45						ACQUAGYM♥♥		13,00-13,45
13,00-13,45	ACQUASURPRISE ♥♥					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		BODYSCLPT♥♥♥	PILATES♥		BODYSCLPT♥♥♥			15,30-16,15
15,45-16,30	ACQUAGYM♥♥			ACQUAGYM♥♥				15,45-16,30
16,30-17,15								16,30-17,15
16,20-17,05		POWER STRETCHING♥	CARDIOTONIC♥♥♥		POWER STRETCHING♥			16,20-17,05
17,15-18,00	PILATES♥			PILATES♥				17,15-18,00
17,45-18,30								17,45-18,30
18,00-18,45	BODYPUMP ♥♥♥	BODYSCLPT♥♥♥♥			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♥♥			HIDROBIKE♥♥			18,15-19,00
18,50-19,35	WALKING♥♥♥♥							18,50-19,35
19,00-19,45	ACQUAGYM♥♥	HYDROBIKE♥♥	ACQUAGYM♥♥	HIDROBIKE♥♥	ACQUAGYM♥♥			19,00-19,45
19,00-19,45		PILATES♥	FUNCTIONAL♥♥♥♥	FUNCTIONAL♥♥♥♥	CIRCUIT TRAINING ♥♥♥♥ ♥♥♥			19,00-19,45
19,10-19,55	SPINNING ♥♥♥♥ (PRO CYCLING)		SPINNING ♥♥♥♥ (PRO CYCLING)					19,10-19,55
19,15-20,00				TRX ♥♥♥				19,15-20,00
19,30-20,15		SPINNING ♥♥♥♥ (PRO CYCLING)						19,30-20,15
20,00-20,45	YOGA							20,00-20,45

♥BASSA INTENSITA'

CORSI A PRENOTAZIONE

♥♥MEDIA INTENSITA'

♥♥♥ALTA INTENSITA'

♥♥♥♥ALTISSIMA INTENSITA'

*** IN SALA FUNZIONALE

*CORSO A PAGAMENTO