

i-FITNESS

LUNEDÌ

7:00 /11:00	ONDEMAND
11:00	PUMP 45
11:45	GAG 45
12:30	ONDEMAND
13:00	FUNCTIONAL TRAINING ●
13:30	FUNCTIONAL TRAINING ●
14:30	TOTAL TONE 45
15:15	KOMBAT 45
16:00 /17:30	ONDEMAND
17:30	PUMP 45
18:15	GAG 45
19:00 /21:45	ONDEMAND

MARTEDÌ

7:00 /11:00	ONDEMAND
11:00	PILATES 45
11:45	PUMP 45
12:30	ONDEMAND
13:00	FUNCTIONAL TRAINING ●
13:30	FUNCTIONAL TRAINING ●
14:30	GAG 45
15:15	PILATES 45
16:00 /17:30	ONDEMAND
17:30	PILATES 45
18:15 /21:45	ONDEMAND

MERCOLEDÌ

7:00 /21:45	ONDEMAND
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GIOVEDÌ

7:00 /11:00	ONDEMAND
11:00	KOMBAT 45
11:45	PUMP 45
12:30	ONDEMAND
13:00	AEROBICA 45
13:45 /14:30	ONDEMAND
14:30	PILATES 45
15:15	TOTAL TONE 45
16:00 /17:30	ONDEMAND
17:30	GAG 45
18:15	PILATES 45
19:00 /21:45	ONDEMAND

VENERDÌ

7:00 /11:00	ONDEMAND
11:00	GAG 45
11:45	PILATES 45
12:30	ONDEMAND
13:00	TOTAL TONE 45
13:45 /14:30	ONDEMAND
14:30	GAG 45
15:15	PUMP 45
16:00 /17:30	ONDEMAND
17:30	KOMBAT 45
18:15 /21:45	ONDEMAND

SABATO

9:00 /13:45	ONDEMAND
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ORARIO STRUTTURA:
Lunedì - Venerdì dalle **7.00** alle **22.00**
Sabato dalle **9.00** alle **14.00**