WELLBEAT

SALA FUN

LUNEDÌ
9:10-10:00 GYM TONIC
13:30-14:20 TONE UP
18:00-18:50 TOTAL BODY
19:00-19:50 WALKEXERCISE

MARTEDÌ
18:00-18:50 BASIC STEP
19:00-19:50 CARDIO LATINO
20:00-20:50 MADEBRASIL

MERCOLEDÌ
9:10-10:00 GYM TONIC
12:00-12.50 MADEBRASIL
13:30-14:20 CARDIO LATINO
18:20-19:10 BASIC STEP
19:10-20:00 GLUTEI PUMP

GIOVEDÌ
18:00-18:50 FITBALL DANCE
19:00-19:50 GAG
19:00-19:50 MOVE IN FLOW
20:00-20:50 MADEBRASIL

VENERDÌ
9:10-10:00 GYM TONIC
13:30-14:20 TOTAL BODY
18:00-18:50 FIT JUMP
19:10-20:00 BASIC STEP

SABATO
13:30-14:20 TONE UP



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WELLBEAT

SALA SOUL

LUNEDÌ
10:10-11:00 POSTURAL PILATES
18:00 -18:50 POSTURAL PILATES
19:00-19:50 SUGAR

MARTEDÌ
10:10-11:00 SUGAR POSTURAL
13:30-14:20 POSTURAL PILATES
18:00-18:50 PILOGBEAT
19:00-19:50 YOGA FIT

MERCOLEDÌ
10:30-11:20 POSTURAL PILATES
18:00-18:50 PILOGBEAT
19:00-20:00 YOGA FIT

SABATO
14:00-14:50 POSTURAL PILATES

GIOVEDÌ
10:30-11:20 PILOGBEAT
13.30-14:20 POSTURAL PILATES
18:00-18:50 POSTURAL PILATES
19:00-19:50 MOVE IN FLOW



VENERDÌ
10:10-11:00 POSTURAL PILATES
18:00-18:50 PILATES MATWORK STRONG
19:0-19:50 STRETCHING

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WELLBEAT

SALA POWER

LUNEDÌ
18:00-18:50 BUNGEE STRONG
19:00-19:50 CALORIA KILLER
20:00-20:50 POWER RACE
20:00-21:00 CALISTENICA

MARTEDÌ
11:00-11:50 FUNCTIONAL POWER
17:00-17:50 FUNCTIONAL POWER
19:00-19:50 BODY PUMP
20:00-21:00 CALISTENICA

MERCOLEDÌ
18:00-18:50 FUNCTIONAL POWER
19:00-19:50 SUPER FUNCTIONAL
20:10-21:00 POWER RACE
20:00-21:00 CALISTENICA (Pr)

GIOVEDÌ
11:30-12:20 FUNCTIONAL POWER
18:00-18:50 TRX WORKOUT
19:00-19:50 BODY PUMP
19:00-19:50 MOVE IN FLOW
20:00-20:50 QUEENAX WORKOUT

VENERDÌ
18:00-18:50 BODY FLY
19:00-19:50 STEP PUMP
20:00-21:00 CALISTENICA
20.00-20.50 CIRCUIT TRAINING



SABATO
10:00-10:50 CALISTENICA (Pr)
11:00-11:50 SUPERFUNCTIONAL

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