



10:00
30 min

CARDIO & TONE
powered by

NIVEA



10:45
45 min

PILATES

11:45
30 min

GAG



12:30
15 min

FLASH ABS



14:00
15 min

**MEDITAZIONE &
RESET MENTALE**
powered by

7Mind

14:30
45 min

TOTAL BODY
powered by

HiPRO

15:30
45 min

CARDIO & TONE



16:30
30 min

GAG
powered by

Ergofort

17:15
30 min

CARDIO BOXING



18:00
15 min

STRETCHING & RELAX





10:00
30 min

BODY TONE
powered by

NIVEA

10:45
45 min

POWER PILATES



11:45
30 min

TOTAL BODY
powered by



12:30
15 min

GAMBE E GLUTEI



14:00
15 min

GESTIRE L'ANSIA
powered by 7Mind

14:30
45 min

BODY TONE
Challenge powered by

DANONE
HiPRO

15:30
45 min

CARDIO BOXING



16:30
30 min

GAG
powered by

nutribullet®

17:15
30 min

CARDIO & TONE



18:00
15 min

YIN YOGA & RELAX





10:00
30 min

**YOGA RISVEGLIO
MUSCOLARE**
powered by

NIVEA

10:45
30 min

CARDIO PILATES
Challenge powered by

nutribullet®

11:30
15 min

FLASH ABS



12:00
45 min

GAG



14:15
15 min

MEDITAZIONE & FOCUS
powered by

7Mind

14:45
30 min

POWER YOGA



15:30
45 min

TOTAL BODY & HIIT
Challenge powered by

Ergofort®

16:30
45 min

GAG
powered by

HiPRO

17:30
30 min

FAT BURNING & ABS
powered by

Garofalo

18:15
15 min

**STRETCHING &
RELAX**





10:00
30 min

POWER YOGA
powered by

NIVEA

10:45
30 min

MATWORK PILATES
powered by



11:30
45 min

BODY TONE
powered by



12:30
15 min

STRETCHING



14:00
15 min

**RESPIRO
CONSAPEVOLE**
powered by

7Mind

14:30
30 min

**TOTAL BODY
BASSO IMPATTO**



15:15
45 min

GAG
powered by

DANONE
HiPRO

16:15
15 min

**RILASSAMENTO COLLO
& SCHIENA**



16:45
15 min

**DRENA &
SGONFIA**

