

Hi.Life

Lunedì

- Walking  
09:00 - 09:50
- Ginnastica POSTURALE  
10:30 - 11:20
- ONE KOR  
13:00 - 13:50
- Body Balance Workout  
13:10 - 14:00
- Walking  
18:10 - 19:00
- TSX Allenamento  
18:10 - 19:00
- LATIN Dance  
18:10 - 19:00
- GAG  
19:10 - 20:00
- Walking  
19:10 - 20:00
- KRAV MAGA  
20:00 - 21:30
- TSX Allenamento  
20:10 - 21:00

Martedì

- Ginnastica Dolce  
09:00 - 09:50
- WBS  
09:30 - 10:20
- YOGA 7.0  
13:00 - 14:00
- AMAKA FIT  
17:10 - 18:00
- AMAKA FIT  
17:10 - 18:00
- Postural YOGA Terapy  
18:10 - 19:00
- Power Pilates  
18:10 - 19:00
- TSX Allenamento  
19:10 - 20:00
- TONE Up&Down  
19:10 - 20:00
- TSX Allenamento  
20:10 - 21:00
- Power Pilates  
20:10 - 21:00

Mercoledì

- YOGA 7.0  
07:00 - 08:00
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Walking	09:00 - 09:50
• Power Pilates	10:00 - 10:50
• WBS	13:00 - 13:50
• Body Balance Workout	13:10 - 14:00
• TSX Allenamento	18:10 - 19:00
• CIRCUITO FUNZIONALE	18:10 - 19:00
• GAG	19:10 - 20:00
• Walking	19:10 - 20:00
• WBS	19:10 - 20:00
• WBS	20:10 - 21:00

Giovedì

• Ginnastica Dolce	09:00 - 09:50
• Ginnastica POSTURALE	10:30 - 11:20
• ONE KOR	13:00 - 13:50
• WBS	15:00 - 15:50
• Postural YOGA Terapy	18:10 - 19:00
• Power Pilates	18:10 - 19:00
• TSX Allenamento	19:10 - 20:00
• TONE Up&Down	19:10 - 20:00
• KRAV MAGA	20:00 - 21:30
• TSX Allenamento	20:10 - 21:00
• Power Pilates	20:10 - 21:00

Venerdì

• Postural YOGA Terapy	10:00 - 10:50
• WBS	10:15 - 11:05
• WBS	14:10 - 15:00
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LATIN Dance

18:10 - 19:00

- TSX Allenamento

19:10 - 20:00

Sabato

- WBS

09:00 - 09:50

- TSX Allenamento

10:08 - 10:50