Hi.Life

Lunedì

TONE Up&Down	09:00 - 09:50
Ginnastica POSTURALE	10:30 - 11:20
ONE KOR	13:00 - 13:50
Yoga	13:00 - 14:00
WALKING	18:00 - 18:50
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

Martedì

Body Balance Workout	08:30 - 09:20
Ginnastica Dolce	09:00 - 09:50
WBS	09:30 - 10:20
AMAKA FIT	17:10 - 18:00
Total Body	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

WALKING	09:00 - 09:50
Power Pilates	10:00 - 10:50
WBS	13:00 - 13:50
Yoga	13:00 - 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

YOGA 7.0	07:00 - 08:00
Ginnastica Dolce	09:00 - 09:50

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

Venerdì

Body Balance Workout	08:30 - 09:20
GAG Circuit	09:00 - 09:50
Postural YOGA Terapy	10:00 - 10:50
WBS	10:15 - 11:05
WBS	14:10 - 15:00
LATIN Dance	18:00 - 18:50
GAG Circuit	18:10 - 19:00
TSX Allenamento	19:20 - 20:10

Sabato

CARDIO HIIT	09:00 - 09:50
WBS	09:00 - 09:50
TSX Allenamento	10:00 - 10:50