

I CORSI DEL LUNEDÌ

7.00

Dynamic Yoga

11.00

SkillX

13.15

FullBody

18.00

LesMills

Strength Development

19.00

StormBoxe

SkillX

20.00

Flash Dance

STORM

CL ⚡ UB

I CORSI DEL MARTEDÌ

7.00 SkillX

9.00 FullBody

10.00 Pilates

13.15 Dynamic Yoga

17.30 Pilates

18.30 FullBody

19.30 Dynamic Yoga

STORM

CL ⚡ UB

I CORSI DEL MERCOLEDÌ

7.00

StormBoxe

9.00

ReshapeBooty

13.15

Pilates

18.00

LesMills
Strength Development
SkillX

19.00

StormBoxe

STORM

CL ⚡ UB

I CORSI DEL GIOVEDÌ

7.00	SkillX
9.00	FullBody
10.00	Pilates
12.00	Fly Yoga
13.15	SkillX ReshapeBooty
18.00	Pilates
19.00	Fly Yoga Hyrox
20.00	Flash Dance

I CORSI DEL **VENERDÌ**

7.00

StormBoxe

10.30

SkillX

13.30

StormBoxe

17.30

FullBody

18.30

StormBoxe

STORM

CL ⚡ UB

I CORSI DEL SABATO

10.00

Dynamic Yoga

11.00

SkillX

12.00

Pilates

STORM

CL ⚡ UB