

# I CORSI DEL LUNEDÌ

**7.00**

Dynamic Yoga

**11.00**

SkillX

**13.15**

FullBody

**18.00**

Strength  
Development

**19.00**

StormBoxe

**19.00**

SkillX

# 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**

SkillX

**18.00**

Strength  
Development

**19.00**

StormBoxe

**20.00**

Flash Dance

# STORM

CL ⚡ UB



# I CORSI DEL GIOVEDÌ

<b>7.00</b>	SkillX
<b>9.00</b>	FullBody
<b>10.00</b>	Pilates
<b>12.00</b>	Fly Yoga
<b>13.15</b>	ReshapeBooty
<b>13.15</b>	SkillX
<b>18.00</b>	Pilates
<b>19.00</b>	Hyrox
<b>20.00</b>	Fly Yoga



# 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



# I CORSI DEL **DOMENICA**

**10.30**

Corsi a rotazione

**STORM**

CL ⚡ UB