

PALINSESTO CORSI

SETTEMBRE 2023

Lunedì

9:00/9:45 - Pilates
10:00/10:45 - Allenamento sospensione TRX
10:45/11:15 - Addominali
11:15/12:00 - Pump
12:00/12:45 - Dance Workout
13:00/13:45 - Circuito Funzionale

18:00/19:00 - GAG
19:00/20:00 - Full Body
20:00/21:00 – Hatha Yoga **NEW***

Martedì

8:00/9:00 – Hatha Flow **NEW***
9:00/9:45 - Total Body
9:45/10:15 - Addominali
10:15/11:00 Glutei di marmo
11:00/11:30 - Core
11:30/12:15 - Total Body

18:00/19:00 - TBW (Total Body Workout)
19:00/20:00 - Circuit Training
20:00/21:00 – Stretching & ABS

Mercoledì

9:30/10:15 - Pilates
10:15/11:00 - Allenamento sospensione TRX
11:00/11:30 Tabata
11:30/12:00 - Addominali
12:00/12:30 - Stretching

18:30/19:30 - BODYLISCIOUS Booty&Legs
19:30/20:30 - BODYLISCIOUS Body Transformation

Giovedì

9:00/9:45 - Pilates
10:00/10:45 - Glutei di marmo
10:45/11:15 - Addominali
11:15/11:45 - Upper Body
12:00/12:45 - Dance Workout
13:00/13:45 - Circuito funzionale

18:00/19:00 – Vinyasa Flow **NEW***
19:00/20:00 – Full Body
20:00/21:00 – GAG

Venerdì

9:00/10:00 - Pilates
10:00/10:30 - GAG
10:30/11:00 - Stretching

18:00/19:00 – BODYLISCIOUS Body Transformation
19:00/20:00 – BODYLISCIOUS Booty & Legs

Sabato

10:00/11:00 - TBW (Total Body Workout)
11:00/11:45 - Tabata
11:45/12:45 – Pilates & Stretching

PORTA VENEZIA
FITNESS CLUB