

# ORARIO CORSI ZONE estate 2021

N.B.: TUTTI I CORSI SONO SU PRENOTAZIONE, TRAMITE APP "ZONEEXPERIENCE"

	LUN	MAR	MER	GIO	VEN	SAB	DOM
9.00	H.E.A.T.						
9.30		PILATES*					
10.30						INDOOR CYCLING	
13.10	FUNZIONALE*		GAG*		BODYPUMP*		
13.30		H.E.A.T.		H.E.A.T.			
17.30		YOGA FLY		YOGA FLY			
17.45			CXWORX*		GAG*		
18.00	H.E.A.T. CALISTHENICS	BODYPUMP*	CALISTHENICS	FUNZIONALE*	H.E.A.T. CALISTHENICS		
18.30	FUNCTIONAL TRX*	INDOOR CYCLING*	H.E.A.T. POSTURALE*	INDOOR CYCLING*	PILATES*		
18.45				BODYPUMP*			
19.00		KUNDALINI YOGA* CALISTHENICS		HATHA YOGA FLOW* CALISTHENICS			
19.30				H.E.A.T.			
19.45			INDOOR CYCLING*				
20.00	INDOOR CYCLING* KICK BOXING	CALISTHENICS	KICK BOXING	CALISTHENICS			

\* ANCHE ONLINE SU APP "ZONEEXPERIENCE"