

Orari stagione 2018/19

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
Zumba Fitness	20:30			20:30		
Strong	10/18:30	13:45/20:50		10/18:30	20:50	
Super Jump	13:45	17:30 / 20:00				
Super Jump Kombat					13:45 / 20:00	
Super Jump Junior (5-12)		16:30			16:30	
Total Body Jump					17:30	
Thunderbell be-free			13:45			
Fit&boxe	19:15			19:15		
Ve&ring	18:15			18:15		
Group Cycling	20:15			20:15		
Fit Pilates		18:30			18:30	
Gioco Scherma		18:30		18:30		
Danza classica / hip hop / moderno		15 / 16:30 / 17:30 18:30			15 / 16:30 / 17:30 18:30	
Functional Training	14/18:30/19:15/20		14/18:30/19:15/20		14/18:30/19:15/20	
Functional Training over		16:15		16:15		
Martial game (4-7)		17:00		17:00		
Kick Boxing Kids (8-12)		18:00		18:00		
Kick Boxing		19:00		19:00		
Sambo & Grappling				20:00		15:00
Sambo Combat & M.M.A.		20:00				16:00
Alfabetiz. motoria	17:45		17:45		17:45	
Karate fino 11 anni	18:30		18:30		18:30	
Karate oltre 12 anni	19:30		19:30		19:30	