

# Orario dei corsi 2024-2025

## LU

07:30-08:30  
**Yoga Flex Fitness**

08:30-09:20  
**Functional GAG**

09:30-10:30  
**Functional GAG**

19:45-20:45  
**Fitness & Full Body Toning**

## MA

12:15-13:15  
**Fitness & Full Body Toning**

20:00-21:15  
**Danza Classica Adulti**

## ME

18:00-18:45  
**HIIT & Fatburn**

19:00-20:00  
**Yoga Flex Fitness**

20:00-21:00  
**Pilates & Barré**

## GIO

09:15-10:15  
**Pilates**

12:15-13:15  
**Fitness & Full Body Toning**

13:20-14:20  
**Fitness & Full Body Toning**

20:00-21:00  
**Danza Classica Adulti**

## VE

12:15-13:15  
**Pilates & Barré**

