



















PRIME®

EXCLUSIVE WELLNESS

WORKOUT

LUNEDÌ	10.00-10.55	11.00-11.55	13.00-13.55	15.30-16.25	18:10-18:50	19.00-19.55	20.00-20.55		
	PRIME METCON  	POSTURAL PILATES 	TONE UP  	PILATES 	PRIME INTERACTIVE (in sala)   	PRIME METCON  	PRIME PILATES ON TRX  		
MARTEDÌ	10.30-11.25	13.15-14.10	16.30 - 17.25	17.45-18.35	19.00-19.55				
	PILATES 	PILATES 	PRIME TRX  	PILATES  	TOTAL G.A.G.  				
MERCOLEDÌ	10.00-10.55	11.00-11.55	13.00-13.55	14.00-15.00	16.00-16.55	18:10-18:50	19.15-20.10	20.15-21.10	
	TOTAL BODY CIRCUIT  	PRIME ABD & STRETCH  	TOTAL ENERGY  	PILOGA 	PILATES 	PRIME INTERACTIVE (in sala)   	PRIME CALISTHENIC TRAINING  	PRIME TRX  	
GIOVEDÌ	10.00-10.55	11.00-11.55	13.15-14.10	16.00 - 16.55	17.15-18.15	18.15-19.10	19.15-20.10	20.30-21.25	
	TOTAL G.A.G.  	POSTURAL PILATES 	TONE UP  	PRIME TRX  	YOGA 	PRIME METCON  	PRIME SKI TRAINING  	PILATES ADVANCED  	
VENERDÌ	10.00-10.55	12.45-13.40	13.45-14.40	18.30-19.30					
	PILOGA 	PRIME SKI TRAINING  	PRIME PILATES ON TRX 	PRIME CALISTHENIC TRAINING  					
SABATO	10.30-11.25	11.30-12.30							
	TOTAL ENERGY  	STRETCHING 							
DOMENICA	10.30-11.30								
	YOGA 								

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018
I CORSI DI PILATES ON TRX, TRX e CYCLING
RICHIEDONO LA PRENOTAZIONE ONLINE MYCLUB.PRIMEFITNESS.IT

