
































































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		
	WG METCON  	WG ABD & STRETCH 	WG TONE UP  	WG PILATES 	WG INTERACTIVE (in sala)   	WG GAG  	WG TOTAL BODY WORKOUT  		
MARTEDÌ	10.30-11.25	13.15-14.10	16.00 - 16.55	17.45-18.35	18.40-19.30	19.30-20.25			
	WG PILATES 	WG PILATES 	WG SPARTA  	WG PILATES  	WG METCON  	WG GAG  			
MERCOLEDÌ	10.00-10.55	11.00-11.55	13.00-13.55	14.30-15.30	16.00-16.55	18:10-18:50	19.00-19.55	20.00-20.55	
	WG TOTAL BODY CIRCUIT  	WG ABD & STRETCH  	WG TOTAL ENERGY  	WG PILOGA 	WG PILATES 	WG INTERACTIVE (in sala FUN)   	WG TOTAL BODY WORKOUT  	WG SUPER FUNCTIONAL  	
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	
	WG GAG  	WG POSTURAL PILATES 	WG TONE UP  	WG SKI TRAINING  	WG YOGA 	WG METCON  	WG TOTAL BODY  	WG PILATES ADVANCED  	
VENERDÌ	10.00-10.55	12.45-13.40	13.45-14.40	18:30-18:55	19.00-19.55				
	WG PILOGA 	WG SKI TRAINING  	WG PILATES ON TRX 	WG SKILL UP  	WG CALISTHENIC TRAINING 				
SABATO	10.30-11.25	11.30-12.30							
	WG TOTAL ENERGY  	WG STRETCHING 							
DOMENICA	10.30-11.30								
	WG YOGA 								

ORARIO VALIDO DAL 05/11/2018 AL 23/12/2018

I CORSI DI PILATES ON TRX RICHIEDONO LA PRENOTAZIONE ONLINE MYCLUB.PRIMEFITNESS.IT

