



## WORKOUT

## ENERGY AREA

LUNEDÌ	07:30 - 08:20 CYCLING VIRTUAL 	12:00 - 12:50 CYCLING VIRTUAL 	13:00 - 13:55 CYCLING 	14:00 - 14:50 CYCLING VIRTUAL 	17:30 - 18:20 CYCLING VIRTUAL 	19:00 - 19:55 CYCLING 	20:00 - 20:55 CYCLING 	
MARTEDÌ	07:30 - 08:20 CYCLING 	12:00 - 12:50 CYCLING VIRTUAL 	13:00 - 13:55 CYCLING 	14:00 - 14:50 CYCLING VIRTUAL 	18:00 - 18:50 CYCLING VIRTUAL 	19:00 - 19:55 CYCLING 	20:30 - 21:20 CYCLING VIRTUAL 	
MERCOLEDÌ	07:30 - 08:20 CYCLING 	12:00 - 12:50 CYCLING VIRTUAL 	13:00 - 13:55 CYCLING 	14:00 - 14:50 CYCLING VIRTUAL 	17:30 - 18:20 CYCLING VIRTUAL 	19:00 - 19:50 CYCLING 	20:00 - 20:50 CYCLING VIRTUAL 	
GIOVEDÌ	07:30 - 08:20 CYCLING 	12:00 - 12:50 CYCLING VIRTUAL 	13:00 - 13:55 CYCLING 	14:00 - 14:50 CYCLING VIRTUAL 	18:00 - 18:50 CYCLING VIRTUAL 	19:00 - 19:55 CYCLING 	20:00 - 20:50 CYCLING VIRTUAL 	
VEDÌ	07:30 - 08:20 CYCLING VIRTUAL 	12:00 - 12:50 CYCLING VIRTUAL 	13:00-13:55 CYCLING 	14:00-14:50 CYCLING VIRTUAL 	19:30 - 20:20 CYCLING VIRTUAL 			
SABATO	11:30 - 12:25 CYCLING 	13:00-13:50 CYCLING VIRTUAL 	15:00-15:50 CYCLING VIRTUAL 	16:00 - 16:50 CYCLING VIRTUAL 				
DOMENICA	11:30 - 12:25 CYCLING 	13:00 - 13:50 CYCLING VIRTUAL 	13:00-13:50 CYCLING VIRTUAL 	15:00-15:50 CYCLING VIRTUAL 	16:00 - 16:50 CYCLING VIRTUAL 			

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018  
I CORSI DI CYCLING RICHIEDONO LA PRENOTAZIONE ONLINE  
SU MYCLUB.PRIMEFITNESS.IT



CARDIO  
TONICITA'  
SNELLIMENTO  
BENESSERE