








































PRIME®





EXCLUSIVE WELLNESS

WORKOUT

CONSCIOUS AREA

LUNEDÌ	07:45 - 08:15	11:00 - 11:50	13:00 - 13:50	18:30 - 19:25	19:30 - 20:20	
	WG DEEP STRETCH	WG STRETCHING	WG PILATES	WG PILATES	WG ABS & STRETCH	
	 	 	 	 		
	MARTEDÌ	07:30 - 08:20	13:00 - 13:55	18:30 - 19:25	19:30 - 20:20	
		WG PILATES	WG HATA YOGA	WG BALANCE & STRETCH	WG PILATES	
 			 			
MERCOLEDÌ		07:45 - 08:15	11:00 - 11:50	13:00 - 13:50	18:30 - 19:25	19:30 - 20:20
	WG DEEP STRETCH	WG STRETCHING	WG ABS & STRETCH	WG ABS & STRETCH	WG PILATES	WG HATA YOGA
	 		 	 	 	
	GIOVEDÌ	07:30 - 08:20	13:00 - 13:55	18:15 - 19:10	19:15 - 20:10	
		WG PILATES	WG HATA YOGA	WG PILATES	WG BALANCE & STRETCH NEW	
		 		 		
VENERDÌ	13:00 - 13:50	18:00 - 18:55				
	WG ABS & STRETCH	WG ABS & STRETCH				
 	 					
SABATO	12:00 - 12:50					
	WG ABS & STRETCH					
 						
DOMENICA	13:00 - 13:50					
	WG STRETCHING					
 						

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

-  CARDIO
-  TONICITA'
-  SNELLIMENTO
-  BENESSERE