
























# PRIME®

EXCLUSIVE WELLNESS





## WORKOUT

## CONSCIOUS AREA

LUNEDÌ	09.15-10.10 YOGA  	11.00-11.55 PILATES 	13.00-13.55 PILOGA 	18.30-19.25 PRIME PILATES 	19.30-20.25 YOGA  	20.30-21.25 PILATES ADVANCED 		
MARTEDÌ	10.00-10.55 PRIME PILATES (in area fun) 	13.15-14.10 PRIME AIR YOGA (in functional)  	16.15-17.10 PILATES TRXercise (in functional)  	18.15-19.10 PILATES 	19.15-20.10 PRIME ABD & STRETCH 			
MERCOLEDÌ	11.00-11.55 PILATES 	13.00-13.55 PRIME PILATES 	19.00-19.55 PILATES 	20.00-21.00 PRIME YOGA ADVANCED  				
GIOVEDÌ	09.15-10.10 YOGA  	11.30-12.25 STRETCHING 	18.30-19.25 PRIME ABD & STRETCH 	19.30-20.25 STRETCHING 	20.30-21.25 PILATES ADVANCED NEW  			
VENERDÌ	10.00-10.55 POSTURAL PILATES 	11.00-11.55 PILATES 	13.15-14.10 YOGA  	19.00-20.00 PILOGA  				
SABATO	11.00-11.55 YOGA (in sala FUN)  	11.00-11.30 PRIME GLUTEUS  	11.30-12.00 PRIME ABDOMINAL  					
DOMENICA	10.30-11.25 POWER STRETCHING (in area FUN)  							

ORARIO VALIDO DAL 23/12/2017 AL 01/04/2018

I CORSI DI PILATES TRXercise E AIR YOGA RICHIEDONO LA PRENOTAZIONE ONLINE  
MYCLUB.PRIMEFITNESS.IT

-  **CARDIO**
-  **TONICITA'**
-  **SNELLIMENTO**
-  **BENESSERE**