

# PRIME®





EXCLUSIVE WELLNESS

## WORKOUT

## FUN AREA

LUNEDÌ	10.00-10.55	15.00 - 15.55	17.30-18.00	18.00-18.30	18.30-19.25	19.30-20.25	20.30-21.25		
	WG FIT WORKOUT  	WG TONE- BALANCE  	WG GLUTEUS 	WG ABDOMINAL 	WG PUMP  	WG TOTAL BODY  	WG ZUMBA  		
MARTEDÌ	10.00-10.55	11.15-12.10	13.30-14.20	15.30-16.25	17.30-18.00	18.00-18.30	18.30-19.25	19.30-20.25	20.30-21.25
	WG PILATES 	WG GAG 	WG TONE UP  	WG FIT WORKOUT  	WG GLUTEUS 	WG ABDOMINAL 	WG COMBAT NEW  	WG GAG  	WG METCON  
MERCOLEDÌ	10.00-10.55	18.00-18.30	18.30-19.00	19.00-19.55	20.00-20.55				
	WG METCON  	WG GLUTEUS  	WG ABDOMINAL  	WG TOTAL BODY  	WG CALISTHENIC TRAINING  				
GIOVEDÌ	11.15-12.10	13.30-14.20	16.00-16.55	17.30-18.00	18.00-18.30	18.30-19.25	19.30-20.25	20.30-21.25	
	WG GAG 	WG TONE UP  	WG FIT WORKOUT  	WG GLUTEUS  	WG ABDOMINAL  	WG COMBAT NEW  	WG METCON  	WG ZUMBA  	
VENERDÌ	10.15-11.10	18.00-18.55	19.00-19.55						
	WG METCON (In sala Functional)  	WG TONE- BALANCE  	WG GAG 						
SABATO	11.00-11.55	11.30-12.00	12.00-12.30	13.00-13.55					
	WG YOGA 	WG GLUTEUS (in sala CONSCIOUS)  	WG ABDOMINAL (in sala CONSCIOUS)  	WG TOTAL BODY  					
DOMENICA	10.30-11.25	11.30-12.25							
	WG POWER STRETCHING  	WG TONE UP  							

ORARIO VALIDO DAL 27/08/2018 AL 23/12/2018

 CARDIO  
 TONICITA'  
 SNELLIMENTO  
 BENESSERE