




PRIME®





EXCLUSIVE WELLNESS

WORKOUT

FUN AREA

LUNEDÌ	10.00-10.55 PRIME FIT WORKOUT  	15.00 - 15.55 PRIME TONE-BALANCE  	17.30-18.00 PRIME GLUTEUS 	18.00-18.30 PRIME ABDOMINAL 	18.30-19.25 PUMP  	19.30-20.25 TOTAL BODY  	20.30-21.25 ZUMBA  		
MARTEDÌ	10.00-10.55 PRIME PILATES 	11.15-12.10 GAG 	13.15-14.10 TONE UP  	15.30-16.25 PRIME FIT WORKOUT  	17.30-18.00 PRIME GLUTEUS 	18.00-18.30 PRIME ABDOMINAL 	18.30-19.25 PRIME FIT BOXE  	19.30-20.25 GAG  	20.30-21.25 PRIME METCON  
MERCOLEDÌ	10.00-10.55 PRIME METCON  	18.00-18.30 PRIME GLUTEUS  	18.30-19.00 PRIME ABDOMINAL  	19.00-19.55 PRIME SKI TRAINING  	20.00-20.55 PRIME CALISTHENIC TRAINING  				
GIOVEDÌ	11.15-12.10 GAG 	13.15-14.10 TONE UP  	16.00-16.55 PRIME FIT WORKOUT  	17.30-18.00 PRIME GLUTEUS  	18.00-18.30 PRIME ABDOMINAL  	18.30-19.25 PRIME FIT BOXE NEW  	19.30-20.25 PRIME METCON  	20.30-21.25 ZUMBA  	
VENEDÌ	10.15-11.10 PRIME METCON  	18.00-18.55 PRIME TONE-BALANCE  	19.00-19.55 GAG 						
SABATO	11.00-11.55 YOGA 	11.00-11.30 PRIME GLUTEUS (in sala CONSCIOUS)  	11.30-12.00 PRIME ABDOMINAL (in sala CONSCIOUS)  	13.00-13.55 TOTAL BODY  					
DOMENICA	10.30-11.25 POWER STRETCHING  	11.30-12.25 TONE UP  							

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

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