

WORKOUT

VIRTUAL AREA (In sala ENERGY)

| | | | | | | | | | | |
|-----------|--------------------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------|-----------------------------|
| LUNEDÌ | 07:30 - 08:25 CYCLING | 08:30 - 09:00 STRETCHING | 09:30 - 10:00 ABDOMINAL | 10:00 - 10:55 CYCLING | 14:40 - 15:15 STRETCHING | 15:30 - 16:00 ABDOMINAL | 16:00 - 16:50 YOGA | 17:30 - 18:25 CYCLING | | |
| MARTEDÌ | 07:30 - 08:20 RISVEGLIO MUSCOLARE | 08:30 - 09:00 ABDOMINAL | 09:00 - 09:30 STRETCHING | 10:00 - 10:55 CYCLING | 11:00 - 11:50 YOGA | 13:15 - 14:10 CYCLING | 14:15 - 14:45 STRETCHING | 15:00 - 15:55 CYCLING | 18:00 - 18:50 WALKING | 20:40 - 21:10 STRETCHING |
| MERCOLEDÌ | 08:00 - 08:30 ABDOMINAL | 9:30 - 10:20 YOGA | 11:00 - 11:55 CYCLING | 12:00 - 12:30 ABDOMINAL | 14:40 - 15:05 STRETCHING | 16:00 - 16:50 YOGA | 17:00 - 17:30 ABDOMINAL | 18:00 - 18:50 WALKING | 20:40 - 21:10 STRETCHING | |
| GIOVEDÌ | 07:30 - 08:25 CYCLING | 08:30 - 09:00 ABDOMINAL | 10:00 - 10:55 CYCLING | 11:00 - 11:50 PILATES | 13:15 - 14:10 CYCLING | 14:15 - 14:45 STRETCHING | 15:00 - 15:50 YOGA | 16:00 - 16:30 ABDOMINAL | 17:00 - 17:30 STRETCHING | |
| VENERDÌ | 07:30 - 08:05 RISVEGLIO MUSCOLARE | 08:20 - 08:50 ABDOMINAL | 10:00 - 10:55 CYCLING | 11:00 - 11:30 ABDOMINAL | 12:30 - 13:20 CYCLING | 14:40 - 15:10 STRETCHING | 16:00 - 16:50 PILATES | 17:30 - 18:00 ABDOMINAL | | |
| SABATO | 10:45 - 11:15 ABDOMINAL | 12:40 - 13:15 STRETCHING | 13:30 - 14:25 CYCLING | 15:00 - 15:50 PILATES | 16:00 - 16:30 ABDOMINAL | 17:00 - 17:55 CYCLING | | | | |
| DOMENICA | 11:40 - 12:15 STRETCHING | 12:30 - 13:25 CYCLING | 13:30 - 14:25 WALKING | 15:00 - 15:50 PILATES | 16:00 - 16:30 ABDOMINAL | 17:00 - 17:55 CYCLING | | | | |

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