

LUNEDI'

DHA
WORKOUT

09:15 – 10:00

PILATES

16:00 – 16:45

STEP

17:00 – 17:45

HIIT

19:30 – 20:15

MARTEDI'

HIP
WORKOUT

09:15 – 10:00

VERTEBRAL
STRETCH

10:15 – 11:00

PILATES

16:00 – 16:45

LES MILLS
CORE

19:00 – 19:45

FUNCTIONAL

20:00 – 20:45

MERCOLEDI'

DHA
WORKOUT

09:15 – 10:00

DYNAMIC
FLEXY

10:15 – 11:00

PILATES

16:00 – 16:45



STRONG
NATION

19:30 – 20:15

GROSS
TRAINING

20:30 – 21:15

GIOVEDI'

LES MILLS
CORE

09:15 – 10:00

VERTEBRAL
STRETCH

11:15 – 12:00

LES MILLS
CORE

17:00 – 17:45

FUNCTIONAL

19:30 – 20:15

VENERDI'

HIIT

09:15 – 10:00

VERTEBRAL
STRETCH

10:15 – 11:00

MINICLASS
TONE

19:30 – 20:15

SABATO

MINICLASS
TONE

11:00 – 11:30

LUNEDI'
VENERDI'
09:00 – 22:00

SABATO
DOMENICA
10:00 – 19:00

MYA
GYM & SPA