

CORSI TERRA DAL 14 APRILE 2025 - GARDEN SPORTING CENTER

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
05:00 - 09:00 PERSONAL GYM Sala Olos		05:00 - 10:00 PERSONAL GYM Sala Olos		05:00 - 09:00 PERSONAL GYM Sala Olos	
	09:00 GINNASTICA DOLCE Sala Rosa	09:00 GINNASTICA DOLCE Sala Rosa	09:00 GINNASTICA DOLCE Sala Rosa	09:00 YOGA Sala Rosa	09:00 POWER DEFINITION Sala Rosa
09:00 - 11:00 EVOLNESS MEDICAL Sala Fitness	09:00 - 11:00 EVOLNESS MEDICAL Sala Fitness	09:00 - 11:00 EVOLNESS MEDICAL Sala Fitness	09:00 - 11:00 EVOLNESS MEDICAL Sala Fitness	09:00 - 11:00 EVOLNESS MEDICAL Sala Fitness	
10:15 TOTAL BODY Sala Rosa	10:00 TONIFICAZIONE Sala Rosa		10:00 TONIFICAZIONE Sala Rosa	10:00 PILATES Sala Rosa	
12:30 - 14:30 EVOLNESS MEDICAL Sala Fitness	12:30 - 14:30 EVOLNESS MEDICAL Sala Fitness	12:30 - 14:30 EVOLNESS MEDICAL Sala Fitness	12:30 - 14:30 EVOLNESS MEDICAL Sala Fitness	12:30 - 14:30 EVOLNESS MEDICAL Sala Fitness	
13:00 FUNZIONALE Sala Rosa	13:00 TONIFICAZIONE Sala Rosa	13:00 PILATES Sala Rosa	13:00 TONIFICAZIONE Sala Rosa	13:00 FUNZIONALE PalaEvolness	
13:00 SPIN* PalaEvolness					
14:30 - 16:00 PERSONAL GYM Sala Olos	14:30 - 16:00 PERSONAL GYM Sala Olos		14:30 - 17:00 PERSONAL GYM Sala Olos		
16:00 - 17:00 EVOLNESS TEEN PalaEvolness	17:00 - 18:00 FUNZIONALE PalaEvolness	16:00 - 17:00 EVOLNESS TEEN PalaEvolness	17:00 - 18:00 FUNZIONALE PalaEvolness	16:00 - 17:00 EVOLNESS TEEN PalaEvolness	
17:00 - 18:00 POWER PUNCH TEEN PalaEvolness	18:15 - 19:15 SPIN* PalaEvolness	18:00 - 19:00 POWER PUNCH PalaEvolness	18:15 - 19:15 SPIN* PalaEvolness	17:00 - 18:00 POWER PUNCH TEEN PalaEvolness	
18:00 - 19:00 POWER PUNCH ADULTI PalaEvolness				18:00 - 19:00 POWER PUNCH ADULTI PalaEvolness	
		18:30 - 20:00 EVOLNESS MEDICAL Sala Fitness		18:30 - 20:00 EVOLNESS MEDICAL Sala Fitness	
18:30 PILATES YOGA FUSION Sala Rosa	18:30 30' CUORE 30' LADY FIT Sala Rosa	18:30 TOTAL BODY Sala Rosa	18:20 30' CUORE 30' LADY FIT Sala Rosa	18:30 TONIFICAZIONE Sala Rosa	
			18:30 MOBILITY CON ATTREZZI Sala Rosa		
19:30 STEP Sala Rosa	19:30 PILATES Sala Rosa	19:30 STEP Sala Rosa	19:20 PILATES Sala Rosa	19:30 STEP Sala Rosa	

SERVIZIO A PAGAMENTO

SERVIZIO NEL PALAEVOLNESS

SERVIZIO PER RAGAZZI DAI 12 AI 18 ANNI NEL PALAEVOLNESS