



Racing Fitness Squad



ATTIVITÀ OPEN MORNING

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00		Yoga <i>Sala A</i>		Yoga <i>Sala A</i>		
10.00	T.B.W. <i>Sala A</i>	G.A.G. <i>Sala A</i>	T.B.W. <i>Sala A</i>	G.A.G. <i>Sala A</i>	T.B.W. <i>Sala A</i>	Ore 10.30 Heavy Rotation <i>Sala A</i>
11.30	GYM MUSIC <i>Sala A</i>		GYM MUSIC <i>Sala A</i>		GYM MUSIC <i>Sala A</i>	
13.15	Functional Advanced <i>Sala A</i>	Yoga <i>Sala B</i>	Functional Advanced <i>Sala A</i>	Yoga <i>Sala B</i>	Functional Advanced <i>Sala A</i>	
16.45	Posturale <i>Sala A</i>		Posturale <i>Sala A</i>		Posturale <i>Sala A</i>	
17.15		Interval Training <i>Sala A</i>		Interval Training <i>Sala A</i>		
18.30	T.B.W. <i>Sala A</i>	Pilates Low Pressure <i>Ore 18.20 Sala A</i>	G.A.G. <i>Sala A</i>	Pilates Low Pressure <i>Ore 18.20 Sala A</i>	STEP & STRETCH <i>Sala A</i>	
	Yoga Base <i>Sala B</i>		Yoga Base <i>Sala B</i>		Posturale <i>Sala B</i>	
19.30	Prepugilistica <i>Sala A</i>	Functional Beginners <i>Sala A</i>	Prepugilistica <i>Sala A</i>	Functional Beginners <i>Sala A</i>	Prepugilistica <i>Sala A</i>	
	Yoga <i>Sala B</i>		Yoga <i>Sala B</i>			
20.30		Functional Intermediate <i>Sala A</i>		Functional Intermediate <i>Sala A</i>		



LEGENDA

- Intensità Bassa
- Intensità Media
- Intensità Alta