



ORARI	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	ENERDÌ	SABATO
7,00						
7,15		07.00 H.e.a.t. Program risveglio	07.00 Flyboard	07.00 H.e.a.t. Program risveglio	07.00 Yoga risveglio	
7,30						
7,45						
8,00						
8,15						
8,30						
8,45						8.30 H.e.a.t. Program Bruciagrassi
9,00						09.00 Flyboard
9,15					09.00 hatha yoga	
9,30						
9,45				09.30 hatha yoga		
10,00						
10,15						
10,30						10.00 yin yoga
10,45	10.30 hatha yoga					
11,00						
11,15						
11,30						
11,45						
12,00						
12,15						
12,30						
12,45						
13,00						
13,15	13.00 Flyboard basic	13.00 H.e.a.t. Program	13.00 Hatha yoga/ Yin Yoga	13.00 H.E.A.T. PROGRAM	13.00 Flyboard	
13,30						
13,45						
14,00		14.00 Flyboard			14.00 H.e.a.t. Program	
14,15						
14,30						
14,45						
15,00						
15,15						
15,30						
15,45						
16,00						
16,15						
16,30						
16,45						
17,00						
17,15						
17,30						
17,45						
18,00						
18,15	18.00 Flyboard	18.00 Hatha Yoga				
18,30						
18,45					18.30 Hatha Yoga	
19,00						
19,15	19.00 H.e.a.t. Program	19.15 h.e.a.t. program	19.00 H.e.a.t. program			
19,30				19.15 Flyboard		
19,45						
20,00		20.00 H.e.a.t. Program advanced	19.30 allenamento funzionale			
20,15	20.00 Shiva Flow	20.00 flyboard	20.00 Hatha Yoga intermedi	20.00 yin yoga	20.00 H.e.a.t. Program advanced	
20,30						
20,45						
21,00						
21,15						