

LUNEDÌ	MARTEDÌ		MERCOLEDÌ	GIOVEDÌ		VENERDÌ		SABATO
LUNA	LUNA	SOLE	LUNA	LUNA	SOLE	LUNA	SOLE	LUNA
9:00 POSTURALE SILVER FIT	8:30 PILATES		8:30 VERTEBRALE	9:00 CORPO LIBERO		8:30 PILATES		
9:45 DOLCE	9:15 VERTEBRALE SILVER FIT		9:15 DOLCE	9:45 STRETCHING		9:15 VERTEBRALE SILVER FIT		
10:30 STEP TONO	10:00 ADDOME		9:45 360°	10:15 VERTEBRALE SILVER FIT		10:00 ADDOME	10:00 AFA	10:00 GAG
	10:30 CHAIR	10:30 AFA	10:30 STEP CO	10:45 DOLCE		10:30 FIT DANCE		10:30 PILATES
		11:30 AFA			11:30 AFA			
13:15 FITBOXE JITSU	13:15 PUMP		13:15 TABATA	13:15 PILATES		13:15 FITBOXE JITSU		
14:00 CHAIR	14:00 PILATES		13:45 UPPER BODY	14:00 PUMP				
14:30 PILATES			14:15 PILATES					
17:00 GAG	17:00 PILATES		17:00 TABATA	17:00 VERTEBRALE		17:00 PILATES		
18:00 STEP TONO	17:45 360°		17:30 ADDOME	17:45 STEP CO		17:45 CHAIR		
19:00 FITBOXE JITSU	18:30 TONE UP		18:00 VERTEBRALE	18:30 TABATA		18:30 VERTEBRALE		
19:45 SAVATE	19:00 FITBOXE JITSU		18:45 TONO	19:00 FITBOXE JITSU				
	19:45 SAVATE		19:30 HATHA FITNESS	19:45 SAVATE				
	21:00 LATINO			21:00 LISCIO				

SOFT	
TONO	
BALLO-COREO	
TECNICA	
STRONG	
SILVER FIT	

LIVEHOME FITNESS / **OUTDOOR**

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:00 GAG				8:30 YOGA	
9:45 PILATES		9:15 DOLCE	9:00 VERTEBRALE		
			10:00 DOLCE		
	13:00 OUTDOOR	13:30 PILOGA	13:00 OUTDOOR		10:45 OUTDOOR
				17:00 PILATES	
18:00 POSTURAL TONO	17:45 BODY&MIND	18:00 VERTEBRALE	17:15 TOTAL BODY	17:45 CHAIR	
	18:30 CIRCUIT TRAINING	18:45 TONO	18:00 HIIT TRAINING		

LIVEHOME FITNESS
OUTDOOR

TETTO DEL PALAGYM
Palagym Rivarolo
Via Gio Batta Roggerone, 8