

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

SOFT	
TONO	
BALLO-COREO	
TECNICA	
STRONG	
SILVER FIT	

LIVEHOME FITNESS / **OUTDOOR**

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



LIVEHOME FITNESS
OUTDOOR

TETTO DEL PALAGYM
Palagym Rivarolo
Via Gio Batta Roggerone, 8

CAMPO DA CALCETTO
Palagym Via Tortona
Via Tortona, 1