

Orari Corsi TREVISO

- Corsi Posturali
- Corsi Funzionali
- Corsi Dinamici

| | LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|-------|-------------------------|-------------------------|--------------------|-----------------------|-------------------------|----------------|
| 08.30 | PANCA-FIT | PANCA-FIT | PILATES | PANCA-FIT | PILATES | |
| 08.30 | WALKING | | STRETCH & MOBILITY | | TRX | |
| 09.00 | | | | INDOOR CYCLING | | |
| 09.15 | POWER TONE | | BODY ENERGY | | TOTAL BODY CONDITIONING | |
| 09.30 | PILATES | PILATES | PANCA-FIT | PILATES | YOGA | |
| 09.30 | | YOGA | | | | |
| 10.30 | YOGA | PANCA-FIT | PILATES | PILATES | PANCA-FIT | INDOOR CYCLING |
| 11.00 | POSTURAL TONE | | POSTURAL TONE | | | |
| 13.00 | PANCA-FIT | YOGA | PILATES | PANCA-FIT | YOGA | |
| 13.00 | TOTAL BODY CONDITIONING | INDOOR CYCLING | BODY ENERGY | INDOOR CYCLING | TOTAL BODY CONDITIONING | |
| 13.00 | | | | | PILATES | |
| 13.15 | | AGILE | | AGILE | | |
| 17.15 | | WALKING | | WALK & TONE | | |
| 17.30 | TRX | POSTURALE | TOTAL BODY | POSTURALE | | |
| 17.45 | | | | | LES MILLS GRIT CARDIO | |
| 18.00 | PILATES | PANCA-FIT | PILATES | PANCA-FIT | | |
| 18.00 | CARDIO STEP | LES MILLS CORE | TRX | LES MILLS BODY ATTACK | | |
| 18.15 | | | | | LES MILLS BODYCOMBAT | |
| 18.30 | | AGILE DONNA | | AGILE DONNA | | |
| 18.45 | POWER TONE | LES MILLS BODYCOMBAT | CARDIO STEP | LES MILLS CORE | | |
| 19.00 | YOGA | PILATES | YOGA | PILATES | INDOOR CYCLING | |
| 19.15 | AGILE | AGILE | AGILE | AGILE | AGILE | |
| 19.30 | INDOOR CYCLING | LES MILLS GRIT ATHLETIC | INDOOR CYCLING | LES MILLS GRIT FORZA | | |
| 20.00 | ADDOMINALI | FIT BOXE | ADDOMINALI | FIT BOXE | | |
| 20.00 | | | | PANCA-FIT | | |

Orari Apertura

TREVISO

2022/2023

| | |
|----------------|---------------|
| Lunedì/Venerdì | 08.30 - 22.15 |
| Sabato | 09.00 - 14.00 |
| Domenica | 09.00 - 13.00 |