

ORARI CORSI STORM

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7		7-8 SKILLX	7-8 STORM BOXE	7-8 SKILLX	7-8 STORM BOXE	
7.30						
8						
8.30						
9						
9.30		9.30-10.30 FULL BODY		9.30-10.30 FULL BODY		
10		10.30-11.30 PILATES		10.30-11.30 PILATES Barre		10-11 YOGA
10.30						
11	11-12 SKILLX					11-12 SKILLX
11.30						
12						12-13 MUSCLE STRETCH
12.30						
13	13.15 - 14.15 FULL BODY	13.15-14.15 YOGA	13.30-14.30 SKILLX	13.30-14.30 STORM BOXE	13.15-14.15 YOGA	13.15-14.15 SKILLX
13.30					13.30-14.30 STORM BOXE	
14						
14.30						
15						
15.30						
16						
16.30						
17						
17.30		17.30-18.30 PILATES			17.30-18.30 FULL BODY	
18	18.15-18.45 GRIT	18.30-19.30 FULL BODY	18-19 SKILLX	18-19 PILATES	18.30-19.30 STORM BOXE	
18.30		18.30-19.30 RUNNING				
19	18.45-19.15 CORE		19-20 STORM BOXE	18.30-19.30 RUNNING		
19.30	19-20 SKILLX			19.15-20.15 Rocket YOGA		
19.30	19.30-20.30 STORM BOXE	19.30-20.30 YOGA				
20				20.15-21.15 YOGA fly		
20.30						