

CORSI
ORARI
STORM

CL ⚡ UB

I CORSI DEL LUNEDÌ

11.00

SkillX

11.30

Reformer

13.15

FullBody

17.30

FullBody

19.00

SkillX

19.15

StormBoxe

STORM
CL ⚡ UB

I CORSI DEL MARTEDÌ

7.00

SkillX

9.00

FullBody

10.00

Pilates

13.15

Dynamic Yoga

17.30

Pilates

18.30

FullBody

19.30

Dynamic Yoga

STORM

CL ⚡ UB

I CORSI DEL MERCOLEDÌ

7.00

StormBoxe

9.00

ReshapeBooty

11.00

Reformer

13.15

Pilates

18.00

Metabolic storm

19.00

SkillX

19.00

StormBoxe

20.00

Flash Dance

STORM

CL ⚡ UB

I CORSI DEL GIOVEDÌ

7.00 SkillX

9.00 FullBody

10.00 Pilates

13.15 ReshapeBooty

13.15 SkillX

17.00 Reformer

18.00 Pilates

19.00 Reformer

STORM
CL ⚡ UB

I CORSI DEL VENERDÌ

7.00

StormBoxe

11.00

Reformer

13.30

StormBoxe

17.30

FullBody

STORM
CL ⚡ UB

I CORSI DEL SABATO

10.00

Dynamic Yoga

11.00

SkillX

12.00

Pilates

STORM

CL ⚡ UB

I CORSI DEL DOMENICA

10.30

Corsi a rotazione

STORM
CL ⚡ UB