




















**TUTTI I SERVIZI SONO SU PRENOTAZIONE**

   a pagamento  orario sperimentale  a domeniche alterne

gli orari potrebbero subire variazioni

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
<b>PLANNING CORSI NUOVA AREA</b>   	9.15 > 10.00 STRETCH PILATES	9.15 > 10.00 BIOPOSTURAL		9.15 > 10.00 BIOPOSTURAL	9.15 > 10.00 BIOPOSTURAL	
	10.15 > 11.00 FUNCTIONAL WORKOUT		10.15 > 11.15 YOGA FUSION PILATES		10.15 > 11.00 FUNCTIONAL WORKOUT	11.25 > 12.10 PILATES
			13.00 > 13.45 R-EVENGE FUNCTIONAL		13.00 > 13.45 FUNCTIONAL WORKOUT	
	13.00 > 13.45 PILATES	13.00 > 14.00 YOGA		13.00 > 13.45 PILATES	13.00 > 14.00 YOGA 14.00 > 14.30 LIFESTYLE & MEDITATION	
	17.00 > 18.00 VINYASA YOGA		17.00 > 17.45 TOTAL BODY CLASS	17.00 > 18.00 VINYASA YOGA	17.00 > 17.45 TOTAL BODY CLASS	
	18.10 > 18.55 PILATES	18.00 > 18.55 DYNAMIC YOGA	18.00 > 18.45 FUNCTIONAL FIT MOVING	18.10 > 18.55 PILATES	18.00 > 18.55 DYNAMIC YOGA	
	19.00 > 19.45 FUNCTIONAL FIT MOVING	19.00 > 19.45 TOTAL BODY CLASS	19.00 > 19.45 PILATES	19.00 > 19.45 TOTAL BODY CLASS	19.00 > 19.45 PILATES	
			20.00 > 21.00 YOGA 21.00 > 21.20 LIFESTYLE & MEDITATION			
<b>SPECIAL CLASS</b>  2 volte a settimana comprese nei corsi						
	13.05 > 13.55 CYCLING		13.05 > 13.55 CYCLING			15.00 > 15.50 CYCLING
	18.30 > 19.20 CYCLING	19.00 > 19.50 CYCLING		18.30 > 19.20 CYCLING		
<b>SPECIAL CLASS</b> 		7.00 > 7.50 HEAT TRAINING			7.00 > 7.50 HEAT TRAINING 	
		9.00 > 9.50 HEAT TRAINING		9.00 > 9.50 HEAT TRAINING		10.00 > 10.50 HEAT TRAINING
		13.05 > 13.55 HEAT TRAINING	18.00 > 18.50 HEAT TRAINING	13.05 > 13.55 HEAT TRAINING	18.00 > 18.50 HEAT TRAINING	
<b>FUNCTIONAL AREA</b> 	13.00 > 13.45 CROSS TRAINING	13.00 > 14.00  PT REVOLUTION		13.00 > 14.00  PT REVOLUTION	9.00 > 10.00  PT REVOLUTION	
	16.00 > 16.45 TEEN CROSS TRAINING anni 15-18		16.00 > 16.45 TEEN CROSS TRAINING anni 15-18		13.00 > 13.45 CROSS TRAINING	
	17.00 > 18.00  PT REVOLUTION	17.30 > 18.30  PT REVOLUTION	17.00 > 18.00  PT REVOLUTION	17.30 > 18.30  PT REVOLUTION	17.00 > 18.00  PT REVOLUTION	
	18.00 > 18.45 CROSS TRAINING	18.30 > 19.15 CROSS TRAINING	18.00 > 19.00  PT REVOLUTION	18.30 > 19.15 CROSS TRAINING		
	19.00 > 20.00  PT REVOLUTION	19.30 > 20.15 CROSS TRAINING	19.00 > 20.00  PT REVOLUTION	19.30 > 20.15 CROSS TRAINING		
<b>PISCINA</b> 	8.00 > 8.45 AQUAGYM		8.00 > 8.45 AQUAGYM		8.00 > 8.45 AQUAGYM	
	9.00 > 9.45 AQUAGYM		9.00 > 9.45 AQUAGYM		9.00 > 9.50 AQUAGYM	10.30 > 11.15 TONICGYM
	13.00 > 13.45 TONICGYM		13.00 > 13.45 AQUAGYM		15.00 > 15.45 AQUASCULPT	
			15.00 > 15.45 AQUASCULPT			
	18.30 > 19.15 AQUAGYM		18.30 > 19.15 AQUAGYM		18.00 > 18.45 AQUASCULPT	
	19.30 > 20.15 AQUAGYM					

gli orari potrebbero subire variazioni



**PRENOTA SERVIZI E CORSI TRAMITE APP**

 ENERGIA LIFESTYLE WELLNESS CLUB

ONLINE: [energia.sm](http://energia.sm)

 info e regolamento  [www.energia.sm](http://www.energia.sm)