

NEW SPORTING CLUB

CALENDARIO

Orario in vigore da lunedì 5 ottobre 2020.

LUN	MAR	MER	GIO	VEN	SAB
GYM DOLCE 10:30			GYM DOLCE 10:30		PANCAFIT 10:00
				TREKTMILL 12:50	FLOW / TREKTMILL 11:00
TREK & TONE SPARTAN 13:00	BODY WORK 13:00	SWAT TREKTMILL 13:00	PILATES GROUP CYCLING® 13:00	FUNZIONALE PANCAFIT 13:00	
GYM DOLCE 16:15			GYM DOLCE 16:30		
TREKTMILL 17:20	PANCAFIT 17:30		BODY WORK 17:20	TREK & TONE 17:30 CHOREOGRAPHIC 17:45	
STEP 18:15	BODY WORK TREK & TONE 18:30	STRETCH & FLEX TREKTMILL 18:00	PILATES 18:15 GROUP CYCLING® 18:30	BODY WORK TREKTMILL 18:30	
PILATES GROUP CYCLING® 19:00		FLOW TREKTMILL 19:00	SWAT 19:00	SPARTAN 19:15	
	FUNZIONALE 19:30		FUNZIONALE CYCLEX® 19:30		
SPARTAN BASE 19:45			PANCAFIT 19:45		