

ORARIO CORSI 2022/23

It's **GYMDAY**

GYMDAY 2.0 si riserva di modificare la programmazione dei corsi in base ad eventuali mutate condizioni Centro Fitness GYMDAY2.0 – Viale Europa 40 – Castelfranco Veneto (TV) – 31033 – tel. 0423/498921

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
8.00	PANCAFIT										
9.00	PILATES	9.00	TOTAL BODY	9.00	POSTURAL FIT*	9.00	PILATES	9.00	TOTAL BODY		
10.00	GINN. DOLCE	10.00	PILATES	10.00	MOBILITY	10.00	GINN. DOLCE			10.00	HATHA YOGA
13.00	TOTAL BODY	13.00	SPINNING	13.00	TOTAL BODY	13.00	SPINNING	13.00	POUND FITNESS		
14.30	TONE-UP					14.30	TONE-UP				
17.30	CARDIO HIIT	17.30	FIT PILATES	17.30	CARDIO HIIT	17.30	FIT PILATES				
18.30	PILATES	18.30	BODY TONIC	18.30	PILATES	18.30	BODY TONIC				
19.30	TRKX	19.30	SPINNING	19.30	TRKX	19.30	SPINNING	19.30	TRKX		
20.30	HATHA YOGA	20.30	BUTI YOGA	20.30	ZUMBA	20.30	BUTI YOGA				

LEGENDA

	OLISTICI O POSTURALI
	AEROBICI O TONIFICANTI
	FUNZIONALI E ALTA INENSAITA'

