

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

8:30	Step Tone 4	Functional 4	Step Tone 4	Functional 4	Step Tone 4
8:30		Reformer Pilates S		Reformer Pilates S	
9:30	Power Pilates 4		Power Pilates 4		Power Pilates 4
9:30	Reformer Essential S	Yoga 4	Reformer Essential S	Yoga 4	Reformer Essential S
10:30	GAG 4	Posturale 4	GAG 4	Posturale 4	
13:15	Power Pilates 2		Power Pilates 2		Power Pilates 2
13:15	Functional 4	Reformer Balance S	Functional 4	Reformer Balance S	Functional 4
13:15	Reformer Balance S	Boxe 2	Reformer Balance S	Boxe 2	Reformer Balance S
13:15		Zumba 4		Zumba 4	Spinning 1
14:15					
17:30	Reformer Elite S	HIIT 4	Reformer Elite S	HIIT 4	Reformer Elite S
17:30					
18:30	Power Pilates 2	Hot Pilates 2	Power Pilates 2	Hot Pilates 2	Power Pilates 2
18:30	Performance Reformer		Performance Reformer		Performance Reformer
18:30	Spinning 1	Balance Reformer S	Spinning 1	Reformer Pilates S	
18:30	Sculpt 4	Boxe 4	Sculpt 4	Boxe 4	Sculpt 4
18:30	Calisthenics 3		Calisthenics 3		
19:30		Hot Yoga 2		Hot Yoga 2	
19:30	Zumba 4	Functional 4	Zumba 4	Functional 4	Performance Reformer
19:30	Reformer Performance	Reformer Balance S	Reformer Performance	Reformer Balance S	

*Il Doria Center si riserva la facoltà di **modificare il palinsesto** dei corsi per motivi organizzativi

SABATO

DOMENICA

9:00	Corsa Outdoor /i/
11:30	Masterclass 4 /i/
	Corsa Outdoor /i/