

	LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
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 4	Hot Pilates 2	Power Pilates 4	Hot Pilates 2	Power Pilates 4		
18:30	Performance Reformer		Performance Reformer		Performance Reformer		
18:30	Spinning 1	Balance Reformer S	Spinning 1	Reformer Pilates S			
18:30	Sculpt 2	Boxe 4	Sculpt 2	Boxe 4	Sculpt 2		
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

***L**: livello- **O**: open - **J**: junior

9:00

Corsa Outdoor

11:30

Masterclass

4

Corsa Outdoor