

# skiuma ORARIO CORSI

● OLISTICO Sala al piano -1

● INTENSO Sala al piano +1

● TONIFICAZIONE Sala al piano +1

	lunedì	martedì	mercoledì	giovedì	venerdì
6.45		WOD (45 min.)			
9.00	YOGA POSTURALE		HATHA YOGA		HATHA YOGA (9.30)
13.00	WOD (45 min.)	METCON (30 min.) HATHA YOGA	METCON (30 min.)	PILATES	METCON (30 min.)
18.00	BUBBLE PILATES				
18.15		PUSH & PULL			
18.30	TOTAL BODY	VINYASA YOGA	SPINNING PILATES	WOD (45 min.) BIOMECHANICS YOGA	YIN YANG YOGA
18.45	PILATES				
19.00		COMBAT CONDITIONING			