



# ORARIO CORSI

## IT'S TIME TO EVOLVE.

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
07:00	YOGA		YOGA	FUNCTIONAL	YOGA BEGINNER	
07:30		FUNCTIONAL				
08:30	PILATES	YOGA	PILATES	YOGA	POSTURAL	
09:30	TOTAL BODY	POSTURAL	INSANY-T	POSTURAL	HIIT	YOGA
10:30						INSANY-T
13:15	FUNCTIONAL	GROUP BOXING	FUNCTIONAL	GROUP BOXING	POWER PILATES	
15:30		META ENERGY		META ENERGY		
17:00					POSTURAL FOR SPINE	
17:30	CLASSIC PILATES	18:00 STRONG	PILATES	POSTURAL		
18:30	HIIT	18:45 YOGA	POSTURAL YOGA	COREO STEP	HIIT	
19:30	GAG		IPERTONE		TACTICAL CIRCUIT TRAINING	
19:45		GROUP BOXING		GROUP BOXING		

-  OLISTICO
-  CARDIO
-  TONIFICAZIONE

APERTI DAL LUNEDI AL VENERDI 06:00 / 22:00  
SABATO 08:00 / 14:00  
DOMENICA CHIUSO

 EVOLVE YOUR ENERGY >>> VIA A. RIGHI, 11 (ZONA PRATACCI) AREZZO  TEL. 0575 132 4140