

# ADULTI

Zero Branco ~ A.S. 2025/2026

| LUNEDÌ      |             | MARTEDÌ |             | MERCOLEDÌ  |             | GIOVEDÌ |             | VENERDÌ |  |
|-------------|-------------|---------|-------------|------------|-------------|---------|-------------|---------|--|
|             |             |         |             |            |             |         |             |         |  |
| GYROKINESIS | 9.30-10.30  |         |             | HATHA YOGA | 12.50-13.50 |         |             |         |  |
|             |             |         |             |            |             |         |             |         |  |
| YOGA        | 18.00-19.00 |         |             |            |             |         |             |         |  |
| TOTAL BODY  | 19.00-20.00 | PILATES | 19.00-20.00 | TOTAL BODY | 19.45-20.45 | YOGA    | 19.15-20.15 |         |  |
|             |             | ZUMBA   | 20.15-21.15 |            |             | ZUMBA   | 20.15-21.15 |         |  |