

ORARI H.E.A.T. / INDOOR CYCLING

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9.45 50min H.E.A.T. PROGRAM			9.45 50min INDOOR CYCLING		
					10.30 60min H.E.A.T. PROGRAM
		11.00 50min H.E.A.T. PROGRAM		11.00 50min H.E.A.T. PROGRAM	
					11.30 60min H.E.A.T. PROGRAM
	12.30 50min H.E.A.T. PROGRAM				
			12.45 50min H.E.A.T. PROGRAM		
13.00 50min INDOOR CYCLING		13.00 50min INDOOR CYCLING			13.00 60min INDOOR CYCLING
	17.00 50min H.E.A.T. PROGRAM		17.00 50min H.E.A.T. PROGRAM		
18.00 50min INDOOR CYCLING	18.00 50min H.E.A.T. PROGRAM	18.00 50min INDOOR CYCLING	18.00 50min H.E.A.T. PROGRAM		
				18.30 50min INDOOR CYCLING	
19.00 50min INDOOR CYCLING		19.00 50min INDOOR CYCLING			
	19.15 50min INDOOR CYCLING		19.15 50min INDOOR CYCLING		
				19.45 50min H.E.A.T. PROGRAM	
20.15 50min H.E.A.T. PROGRAM		20.15 50min H.E.A.T. PROGRAM			